

The Staying Alive 10 Point Commitment

Point 1. Speed

- I will observe speed limits
- I will drive below the speed limit in adverse conditions
- I will not attempt to pass unless I am 100% sure

Point 2. Alcohol & Drugs

- I will not drive after drinking
- I will not drive after taking drugs

Point 3. Restraints

- I will always wear my seatbelt
- I will adjust my seatbelt correctly
- I will adjust my head restraint correctly

Point 4. State of Mind

- I will calm myself before driving
- I will stay away from aggressive drivers

Point 5. Distractions

- I will not allow myself to be distracted while driving
- I will pull off the road:
 - to eat or drink
 - to use my mobile phone
 - to adjust sound equipment
 - to deal with any other distraction

Point 6. Safety Check

- Before driving I will check
 - tyres,
 - indicator and tail lights
 - headlights
 - mirrors
 - brakes

Point 7. Passengers

- I will remember the risks of carrying passengers
- I will reduce passenger numbers where possible
- I will not carry passengers where possible

If I carry passengers:

- I will control the numbers
- I will control the behaviour

Point 8. Fatigue

- I will avoid driving between 10 PM and 6 AM
- I will rest before a long drive
- I will take regular breaks on long trips

Point 9. Safety Zone

- I will observe the three second rule
- I will increase the gap in poor conditions
- I will not linger in blind spots
- I will not drive close to heavy vehicles
- On multi-lane roads, I will stay in the left lane unless passing another vehicle

Point 10. Focus

- I will stay focused while driving
- I will watch out for:
 - pedestrians
 - children
 - bicycles
 - motorcycles
 - other vehicles

- Please enroll me as a Staying Alive Ambassador

Name:	
Street:	
Town/City:	
State:	Postcode:
Email:	
Signature:	