



QUICK DRIVER SAFETY CHECKLIST



BEFORE YOU DRIVE

- Phone on Do Not Disturb or put away
 - Seat adjusted properly
 - Mirrors adjusted
 - Seatbelt on
 - Know your route before moving
-



WHILE DRIVING

- Eyes scanning far ahead (not just bumper of car in front)
 - Maintain 3–5 second following distance
 - Leave space to escape if traffic changes
 - Stay aware of vehicles beside and behind you
 - Avoid driving in tight clusters
-



LANE CHANGES / MERGING

- Use turn signal early
 - Check mirrors first
 - Check blind spot physically
 - Match traffic speed before merging
 - Never force space between vehicles
 - Do NOT cross solid white lines or “triangle zones”
-



LARGE VEHICLE AWARENESS

- Avoid driving next to trucks for long periods
 - If you cannot see the driver’s face, they cannot see you
 - Pass safely or fall back—don’t sit in blind spots
-




PARKING / REVERSING

- Move slowly
 - Check all directions before backing up
 - Use mirrors and backup camera—but don't rely only on them
 - If unsure, stop and get out and look (GOAL method)
-

DISTRACTIONS

- No texting while driving
 - No scrolling or app use
 - Keep attention fully on road
 - If needed, pull over safely before using phone
-

REMINDER

-  Space gives you time
 -  Time gives you options
 -  Options prevent accidents
-

FINAL RULE

Arrive Alive