



Driver personal safety checklist

Below is list of items to consider for your personal safety when using a vehicle for work, you can adapt it to suit your individual needs



For all journeys - plan ahead	
Make sure someone knows where you are going and what time you expect to be there and return	
Update someone on your plans and any changes.	
Try to use well-lit, busy streets and main roads use the route you know best.	
In higher risk areas, consider how you would respond if you felt threatened.	
If you need help go to a public place for example a garage or shop.	
Keep your mind on your surroundings and try to avoid distractions such as mobile phones.	
Keep your valuables out of sight and if possible, not all in one place.	
Consider carrying a personal safety alarm	
Never give lifts to strangers.	
Does your vehicle have brake down cover and do you have the number of the recovery company and policy number with you	
Keep windows closed and doors locked especially in built up areas or slow moving traffic.	
Make sure your sat nav is up-to-date and programme it before you leave.	
Check petrol, oil and tyres before you set off.	
Make sure your mobile phone is charged and in the car with you.	
Keep some small change in the car.	
Make sure your vehicle is serviced regularly.	
If you have problems with your vehicle, pull over and stop in a busy, well-lit place and phone for help	



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Parking	
When parking always lock your car.	
Park in a well-lit and ideally busy area.	
Always try to reverse into position for ease of exit later.	
In a multi-storey car parks try to near the exit ramps.	
Make sure you remember where you have parked.	
When returning to your vehicle have your keys ready	
When you enter your car, lock the doors and don't delay driving away.	
If you don't feel safe, ask a colleague or friend to accompany you.	
On the road	
Avoid getting involved in arguments with other people on the road.	
If approached, don't get out of your car, keep your windows closed and your car locked.	
If another car driver or their passengers tries to attract your attention, it may be for a genuine reason. Don't engage stop or pull over unless you are in a busy place, drive to a busy public place, e.g. garage forecourt. Only unlock your doors when you feel it is safe to do so.	
If another driver is deliberately intimidating you, or you think you are being followed, don't stop, drive to a busy public place eg a police, fire or ambulance station or garage or busy pub.	
If another vehicle forces you to stop, keep your engine running, lock your doors and close windows.	
Turn on your hazard lights, reverse back if you can and sound your horn.	