

Health, Safety, Security and Environment
Fleet Driver's pocket guide to road safety



Staying safe on the road

DESTINATION: SAFER JOURNEYS



SHELL FLEET SOLUTIONS
TOGETHER ANYTHING IS POSSIBLE



Protecting yourself on the road

It's easy for professional drivers to take their skills and safety for granted. So this pocket guide is designed to remind you of the key techniques you can use to stay safe on the roads.

Safer driving

- Defensive driving
- Distracted driving
- Night driving
- Driving in adverse conditions
- Planning ahead



Did you know?

High-mileage drivers in the UK are 50% more likely to be involved in injury accidents.

Defensive driving

Top tips for more aware drivers:

- Drive calmly and pay full attention
- Leave plenty of space
- Always lock your doors and wear your seat belt
- Be aware of your surroundings
- Avoid aggressive drivers
- Control your speed
- Position your vehicle for maximum visibility





Did you know?

78% of collisions are caused by some form of inattention or driver distraction.

Source: Shell Transport Laboratory: Managing Driver Distraction



Distracted driving

Top tips:

- Check windows and mirrors are clean and unobstructed
- Adjust all controls (e.g. radio, sat nav, heating) before setting off
- Switch off phone, even if hands-free
- Request passengers to be quiet if distracting
- Stop if you need to eat, drink, groom while driving



Fatigue and sleep

Fatigue is a common problem in the high-pressure, 24/7 world of fleet.

Top tips for fighting fatigue:

- Sleep right
- Eat and drink right
- Take regular breaks
- Exercise
- Limit alcohol

For more information ask your Fleet Manager for the **Driver's Guide to Fatigue and Sleep**



Did you know?

20% of accidents on major roads are down to lack of sleep

Winter driving

You have all the skill you need to drive in adverse conditions, but that means nothing without due care and attention.

Make thorough pre-journey checks:



Screen wash with antifreeze



Clean mirrors and lights



Brakes



Windscreen wipers



Accelerator



Tyres



Steering



Defroster



Heater

Planning ahead

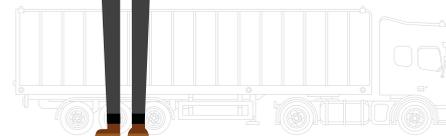
On long journeys, creating a journey management plan before you set off can make all the difference.

Top tips

- Schedule your journey carefully
- Try to avoid night driving and times of day when falling asleep is most likely (2am – 6am)
- Take into account road hazards and weather conditions
- Adhere to the legal restrictions on driving times and distances
- Plan when and where to take rests
- Allow for unexpected delays
- Take plenty of water with you so that you stay hydrated
- Know what to do in case of an emergency

Safety gear

- A long-handled scraper and snow brush
- A shovel
- A flashlight
- Reflective triangles or flares
- A 1-2 litre tin/metal can with candle and a lighter
- A heat reflecting survival blanket
- A first aid kit
- Toilet paper or paper towels
- A tow rope and booster cables
- A small 2.5kg fire extinguisher
- Traction mats and tyre chains (provided they are permitted by law and you have been trained in their use and application)



Tell me more

For more information on road safety and safer driving, please start by talking to your Fleet Manager

Legal Disclaimer

All content in this brochure is made available for information only and on the condition that it is understood and accepted that (i) it may not be relied upon by anyone, in the conduct of their own operations or otherwise; and (ii) neither the Shell company issuing this document nor any other person or company concerned with furnishing information or data used herein (A) is liable for its accuracy or completeness, or for any recommendations or advice given in or any omission from this document, or for any consequences whatsoever resulting directly or indirectly from any use made of this document by any person, even if there was a failure to exercise reasonable care on the part of the Shell company or any other person or company as aforesaid; or (B) make any claim, representation or warranty, express or implied, that acting in accordance with this document will produce any particular results with regard to the subject matter contained herein, or satisfy the requirements of any applicable national, federal, state or local laws and regulations.; and (iii) nothing in this document constitutes medical advice. If medical advice is required it should be sought from your doctor. Neither the Shell company issuing this document nor any other person or company concerned with furnishing information or data used herein is responsible for the content of any external websites referred to in this document, including without limitation the accuracy of any information contained in them, their functionality, usefulness, or effectiveness.

Road Safety Reminder

Practice safe driving. Please be reminded to 1) wear your seat belt; 2) follow the prescribed journey management plan; 3) while driving, do not use your phone and do not exceed speed limits; and 4) no alcohol or drugs while working or driving.

