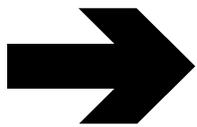


Safe driving? Let's get back to basics



Essential checks to keep you
and your teammates safe

Drive

Safe

This guide is for managers and those who drive

Because safe driving is a team effort.

The basics of safe driving fall into three key areas:

- Safe vehicle
- Safe driver
- Safe journey

Getting these right means adopting simple habits that could save lives.

This is all part of our [Drive Safe programme](#), which offers everything we need to keep everyone safe out on the road – because the journey is all part of the job.



In rail, some of our greatest risks are on the road



Drive

Safe

Safe Vehicle



Almost a third of traffic accidents are caused by defects¹. We need everyone home safe, so you must use the safety measures below:

- **A walkaround check before using a vehicle for the first time each shift**

Using the CheckedSafe App, this takes just a few minutes. It simplifies your pre-use inspections and helps you report any issues.

Learn more: [Driver Handbook](#)

- **Fob-in to the In-Cab Safety System (ICSS) every journey**

The ICSS is your van's telematics system, offering insights on your driving performance. We do not use it for tracking your location and your line manager cannot routinely access this information. It's there to keep you safe. Learn more: [Driver Handbook](#)

- **Mobile device use:** Never use a hand-held OR hands-free phone, or programme any other mobile device, while driving
- **Always obey the speed limit and wear a seat belt.** Learn more: [Lifesaving Rules](#)

1. National Highways: Have a Safe TRIP this autumn 2024. Based on latest available data.

- [Lifesaving Rules](#)

Use the 'Golden 20 minutes' at the start of your shift to check your vehicle



Drive

Safe



Safe Driver



We need to make sure everyone is qualified, healthy and alert to drive.

- **Licence check**

Ensure driving licences are up to date and valid for the type of vehicle that's being operated.

- **Vision check**

Line managers must ensure drivers get regular eyesight checks. Every year, they should check drivers can read a number plate from 20 metres (about five car lengths).

- **Fitness to drive**

To drive, we all need to be in good health, and never under the influence of [alcohol or drugs](#). This means managing your health and notifying the DVLA of any conditions that may affect your ability to drive safely.

- **Fatigue can be as dangerous as drink-driving²**

Journeys should be planned to minimise fatigue risk, and team members should feel safe to discuss personal circumstances that may make them less alert than usual, such as stress, bereavement or relationship issues. If you feel too tired to drive, you should complete a fatigue assessment and discuss the outcome with a responsible person.

- **CPAP use**

If you use CPAP for sleep apnea, please use it as advised to avoid risks caused by fatigue.

2. Brake, the road safety charity, 2024. Tired drivers have slower reaction times and suffer from reduced attention, awareness, and ability to control their vehicles. Research suggests driving tired can be as dangerous as drink-driving.

**Let's make sure
we're always fit
to drive**



Drive

Safe



Safe Journey →

Proper planning prevents problems on the road. Both line managers and drivers must think about all aspects of the trip before setting off.

- **Journey planning**

Plan your route, factoring in potential hazards and safe rest stops. Think about the road conditions: difficult rural roads or late-night city centres can put extra pressure on drivers, especially after a long shift.

- **Plan rest breaks**

Take regular breaks to stay alert. Use rest areas or services along your route to refresh yourself and avoid fatigue.

- **Driver swaps and shared journeys**

If the journey is long, plan to share driving duties or swap drivers to ensure no one is over-tired.

As a planner or manager, put yourself in the shoes of someone getting behind the wheel after a tough week, in potentially poor weather conditions. Is the journey still safe?



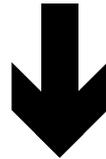
**Plan ahead
to stay safe**



Drive →

Safe

All the basics – and more
– are covered in our
Driver Handbook



Thanks for reading this guide.

Please stay updated on driver safety by regularly checking our [Driver Handbook](#) and by visiting the Drive Safe section on safety.networkrail.co.uk.

If you need further help or would like to support our Drive Safe programme, speak to your line manager who can connect you with your local **Road Vehicle Compliance Manager (RVCM)** or the **Road Fleet Team**.

You can also find some excellent resources on driver safety from our partners at **Driving For Better Business** drivingforbetterbusiness.com

Thank you, and don't forget those brilliant basics.