Driver Safety Checklist

A checklist for safe driving habits and pre-drive checks.

Fitness to drive

- [ ] Confirm you are well rested and not drowsy before driving.
  Drowsy driving impairs reactions much like alcohol — do not drive fatigued.
- [ ] Never drive after alcohol or impairing drugs.
- [ ] Check whether any medication warns against driving.
- [ ] Ensure your vision aids, glasses or contacts, are with you.
- [ ] Avoid driving when ill, in pain or highly stressed.
- [ ] Plan rest breaks every two hours on long trips.

Set up before you move

- [ ] Adjust the seat, steering and headrest for a safe position.
- [ ] Set all mirrors to minimize blind spots.
- [ ] Fasten your seatbelt and confirm passengers do the same.
- [ ] Secure children in correctly fitted car seats.
- [ ] Stow loose items so they cannot become projectiles.
- [ ] Set navigation, climate and music before driving off.

Eliminate distractions

- [ ] Put your phone out of reach or in do-not-disturb mode.
  Hands-free still distracts; avoid all phone use while driving where possible.
- [ ] Avoid texting, scrolling or holding a phone while driving.
- [ ] Do not eat, groom or do tasks that take hands off the wheel.
- [ ] Pull over safely to handle anything that needs attention.
- [ ] Keep conversations and passengers from breaking your focus.
- [ ] Pre-program navigation so you are not entering it while driving.

Awareness and defensive driving

- [ ] Keep a safe following distance, increasing it in poor conditions.
- [ ] Scan ahead, check mirrors and look for hazards continuously.
- [ ] Check blind spots before changing lanes or turning.
- [ ] Obey speed limits and adjust speed to conditions.
- [ ] Signal early and clearly for every turn and lane change.
- [ ] Anticipate the actions of other road users.

Adapt to conditions

- [ ] Check weather and traffic before setting out.
- [ ] Slow down and increase distance in rain, fog, snow or ice.
  Stopping distances grow sharply on wet or icy roads.

- [ ] Use headlights in low light, rain or fog.
- [ ] Watch for pedestrians, cyclists and motorcycles.
- [ ] Take extra care in work zones and school zones.
- [ ] Delay or reroute if conditions become dangerous.

Be prepared for emergencies

- [ ] Know how to respond calmly to a skid, blowout or breakdown.
- [ ] Keep emergency and roadside assistance numbers handy.
- [ ] Know how to pull over and signal safely if a problem arises.
- [ ] Carry your license, registration and insurance documents.
- [ ] Know basic steps to take at the scene of a collision.
- [ ] Keep an emergency kit and charged phone within reach.