

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.