

# Safe Driving Habits

Please indicate below which practices you follow and which ones need further improvement.

Inspected by: \_\_\_\_\_ Date: \_\_\_\_\_

HABIT	YES	IMPROVEMENT NEEDED
<b>DRIVING PREPAREDNESS</b>		
You drive with your seat belt on.		
You adjust your head rest before driving.		
You lock your doors before moving the vehicle.		
You drive with your headlights on at all times.		
<b>ANTICIPATION</b>		
You assure that your intended path is clear of hazards.		
You look in the intended direction of the vehicle before turning.		
You anticipate and prepare for upcoming hazards.		
You keep your focus as far ahead as possible.		
You consider changes you may need to make and whether they will increase your risk.		
<b>FOLLOWING DISTANCE</b>		
You stay aware of your stopping distance and calculate an appropriate stopping distance, including a safety cushion.		
When approaching a vehicle ahead of you, you close in gradually.		
When stopped behind a vehicle, you can see its rear tires touching the road.		
<b>HABIT</b>	<b>YES</b>	<b>IMPROVEMENT NEEDED</b>

## Safe Driving Habits

<b>AWARENESS OF SURROUNDINGS</b>		
You know the exact position of your vehicle on the road at all times.		
You know where your vehicle is in relation to intersections and objects along your path of traffic.		
You check your rear-view mirror whenever you apply the brakes.		
You check your mirrors and blind spots before changing lanes.		
You check all mirrors continuously when backing up.		
You understand and picture the traffic behind you at all times.		
<b>CAREFUL DRIVING</b>		
You make smooth, effective starts, stops, and steering actions.		
On the highway, you pass only when it is safe and necessary.		
You check your left, front, and right before entering intersections.		
You gradually reduce your speed when approaching a stop.		

### Comments:

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