

# DRIVE SMARTER

As an experienced driver you'll be learning new things all the time. Here we guide you through the biggest killers on our roads - and how to avoid them.



## SOBERING THOUGHTS

**U**ntil recently, many drug driving cases weren't covered by specific legislation and the police couldn't easily test for it. However, since March 2015 it's been much easier for the police to catch and convict drug drivers. It's now an offence to drive with any one of 17 legal or illegal drugs above a specified level in your blood. These include cannabis, cocaine, ecstasy and ketamine and taking a tiny amount of an illegal drug will probably put you over the limit.



## BARELY LEGAL?

You've probably heard of legal highs - you may have experimented with them. By taking substances that aren't specifically banned, it doesn't mean you're safe or legal to drive. The law is the least of your worries if you have a massive reaction that paralyses you or damages your brain - you could be hospitalised for months, or even killed.

The problem with legal highs is that they're not controlled,

so you never know what you're putting into your body - these are substances not made for human consumption. Even if your mind or body aren't destroyed by swallowing these chemicals, your driving can be affected. That's where the law comes in, because if you take any drug, even some prescribed by your doctor, and it affects your driving, you can be arrested for driving whilst impaired through drink or drugs.

## THE LAW

Driving, or attempting to drive while affected by drink or drugs, or with excess drink is likely to result in a minimum 12-month ban - or three years if you're caught twice within 10 years. You can face either six months in prison or a £5000 fine, and in more serious cases, both. You'll also receive 3-11 points. Kill someone due to drink or drug driving and you could face ten years in prison and an unlimited fine.

# EXPECT THE UNEXPECTED

Rural roads are the ones most likely to catch you out, as they can feature so many hazards. Not all of them are obvious, which is why you need to keep your wits about you...

REDUCE  
SPEED  
NOW



## WATCH OUT FOR:

**⚠ TRACTORS**  
Go too fast round a corner and you might be faced with a tractor coming the other way, leaving you with nowhere to go.

**⚠ ANIMALS**  
Horses are common on rural roads; pass wide

and slow. Then there are the deer, escaped cattle and other wild animals...

**⚠ MUDDY ROADS**  
Those tractors exit fields with mud on their tyres, which gets left all over the road. A good dose of rain and things get very slippery...

**⚠ NARROW LANES**  
If you're whizzing along and something comes the other way, you'd better be able to pull up in time or there'll be a collision.

**⚠ FALLEN TREES**  
After a storm expect debris in the road. You could exit a

bend to find the road blocked by a tree.

**⚠ SHARP BENDS**  
Anyone can drive fast in a straight line, but sharp bends makes things a lot trickier. Choosing the correct speed is essential to avoid having a crash.

## GET YOURSELF

# ROAD SMART



SCAN ME



**There are lots of reasons why so many people are killed or seriously injured on our roads, but four stand out above all the others.**

**no excuse  
for poor driving**



#### **SPEEDING**

A few extra MPH can make all the difference to your reaction and braking distances. **Speed limits are not targets.**



#### **SEATBELTS**

No matter how short your journey, **always wear a seatbelt.** Doing so slashes the chance of being killed in a crash.



#### **MOBILES**

Your reaction times are slowed massively if you use a mobile whilst driving. **Switch off before you set off.**



#### **DRINK & DRUGS**

**Any alcohol or drugs impair your driving.** Even prescription drugs can slow your thinking and reaction times.

**A**s a driver you might think that the police are there just to take all the fun out of driving, but it's not so. To show that they're on your side, Avon & Somerset Police run a free driving skills course called Road Smart. These two-hour workshops run across the Avon & Somerset region and they're designed to be fun, so there's no test or written exams.

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**SAVE**  
YOU PLENTY ON YOUR  
INSURANCE

[roadsmart.org](http://roadsmart.org)

**ROAD  
SMART**

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Making or receiving calls  
Sending or reading messages  
Checking emails  
Using social media  
All these actions can cause  
you to lose concentration.

SCAN ME



PUT YOUR PHONE  
TO GOOD USE

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**morning-after.org.uk**

and discover *how long it really takes* to process that alcohol