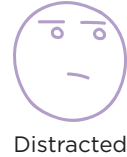
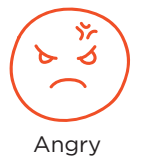
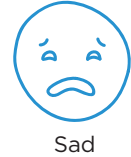
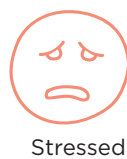


## Lockdown may have left you feeling...



## Before you start your engine, remember your emotions come too!



Mobile Phone off



Fasten your seatbelt



## So, if you have to go out...

### BE PREPARED

CHECK YOUR VEHICLE & YOUR ROUTE

### BE PERCEPTIVE

BE ALERT, ASSESS RISKS

### BE PATIENT

STAY CALM, DON'T RUSH THINGS

### BE PREDICTABLE

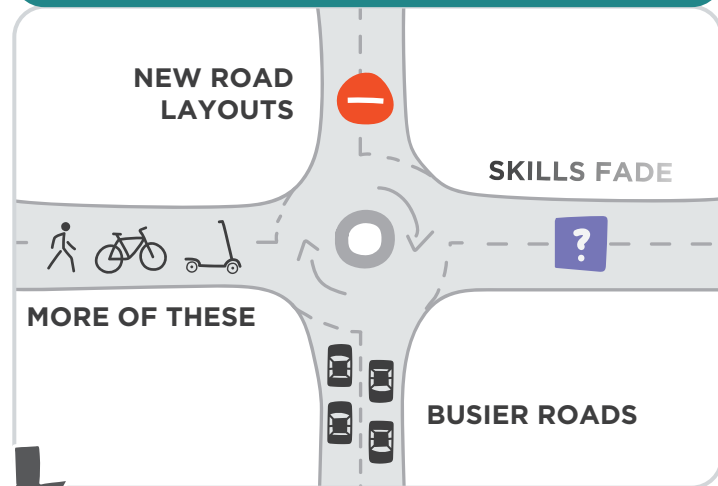
PEOPLE AREN'T MIND READERS

### BE POLITE

WE ALL MAKE MISTAKES

Enjoy being out on the road again!

## & It's going to be different out there...



## Distance is more important than ever...

3 MPH		2m (6.5ft)	
6 MPH		3m (9.8ft)	
30 MPH		23m (75ft)	6 cars
40 MPH		36m (118ft)	9 cars
50 MPH		53m (174ft)	13 cars
60 MPH		73m (240ft)	18 cars
70 MPH		96m (315ft)	24 cars

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