



COMPLACENT DRIVING & LOW-SPEED MANOEUVRING

Research shows drivers become complacent in familiar areas. There is a 'comfort zone' that drivers find themselves in when close to home or on roads well known to them. The feeling of familiarity encourages a lax attitude to driving.

Complacency in routes - like a commute - or regular, day-to-day activities such as low-speed manoeuvres has shown significantly higher instances of collisions.

DRIVING ON "AUTO-PILOT"

Have you ever felt like you're driving on "auto-pilot"? Have you found yourself half-way down a road and wondered how you got there, having not remembered the entire trip? That is the feeling of driving complacency and it is a real risk to you and other road users.

Often, complacency can result in scraping your own driveway wall or clipping a parked car on your way to work. However, the consequences could easily be more severe. If you are not fully focused on the driving task at hand, your commute could become a fatal collision.

Drivers must stay alert and avoid driving with complacency. The best weapon against complacency is acknowledging it can happen and reapplying your full concentration to the driving task. A top tip: use commentary driving. Speak your driving observations out loud as you drive to focus the mind and keep attention.

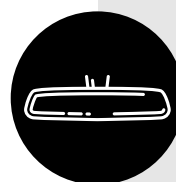
COVID-19

After prolonged periods of lockdown, some drivers are not as experienced on the road as they were previously. Don't get complacent: driving is a skill that may need to be refreshed.



BLIND SPOTS & MIRRORS

Ensure all your mirrors are set up correctly for maximum visibility. Consistently check all mirrors as you drive and when manoeuvring. Get to know your blind spots and how to check them. Don't rely on vehicle cameras, sensors or mirrors; turn your body and take a look. Alternatively, get out the vehicle and assess the environment before manoeuvring, if it is safe to do so.



REVERSE PARKING

Always try to reverse park where possible. It forces you to drive past a space before entering, allowing you to check for obstacles, and, importantly, let's you drive straight out of the space with good visibility.



STATIONARY OBJECTS

Paying attention to your environment to key to avoiding low-speed collisions. Before driving away, walk around your vehicle and check for obstacles. Avoid parking near stationary objects where possible. Plan your manoeuvre.

1 in 3 collisions happen a mile from drivers' homes.

1 in 10 collisions happen with 6-10 miles from home.

These close-to-home collisions include hitting parked cars, driving out of a minor road, reversing into a vehicle and hitting a wall.