

## MEMORABLE MAGIC MANTRAS & REGULAR ROUTINE RITUALS

All of the following can be useful, especially for spoken thoughts - *what I see, what I do, why*

Pre-drive checks - *POWDERY*

Start the engine - *the speed limit here is ...*

Change gear - *change gear and steer is a bad idea*

Speed limit - *a limit, not a target*

Following distance (takes two seconds to say) - *only a fool breaks the two-second rule*

Scanning the road ahead - *eyes from dipped beam to main beam, then back to dipped*

Identify a hazard - *triggers an extra mirror check*

Another vehicle is being driven recklessly or dangerously - *take your accident elsewhere*

Seen on gravestone - *died defending his right of way*

I never have 'right of way' - *my priority*

Junction where I must give way, such as a roundabout - *planning to stop, looking to go*

Reducing speed - *brakes for slowing, gears for going*

Applying the brakes - *from gentle to firm, then back to gentle*

Stopping behind another vehicle - *tyres and tarmac*

Stopped - *if a halt becomes a wait, apply the handbrake*

Manoeuvring - *as slowly as possible, but as quickly as necessary*

And the 'Fatal Five':

- excessive or inappropriate *speed*
- not wearing *seat belt*
- sat navs, phones and other *distractions*
- driving under the influence of *drink* or *drugs*
- *careless* or *inconsiderate* driving