

## Ten Tips from Professional Drivers

Truck and bus drivers are among the most skillful on the road – some of them have driven more than 1½ million kilometres, the equivalent of a million miles, without collision.

### Here are ten tips for driving safely:

1. **Adjust the seat** so that you are **20 to 25 cm (8 to 10 inches)** from the steering wheel but able to press the pedals firmly. **Sit up straight.**
2. **Fasten your seat belt snugly.** In addition to its safety factor, a snug belt will help keep you sitting erect, with less **back fatigue** for long driving periods.
3. Adjust your **rearview mirrors** before driving.
4. **Use your eyes** – keep them moving ahead, to the mirrors, and to the sides. Your eyes will give **advance warning** of situations that quickly become emergencies.
5. Always leave space for possible **evasive action** – in adjoining lanes, front, rear and shoulder.
6. Watch the **vehicle in front of you** as well as the brake lights of the vehicle ahead of it for extra time in stopping.
7. Learn to **anticipate potential collisions.** An expert driver "expects" the vehicle following the bus to suddenly swerve around it.
8. Use the **horn** when you are not sure the other driver sees you. The idea that a good driver does not have to use the horn is dangerous and wrong.
9. At night, drive about **15 km/h (10 mph)** below your usual daytime speed.
10. **Drive like a pro:** Realize, as pro drivers do, that you have passed the peak of your efficiency after five or six hours at the wheel and **slow down and take it easy.**