

## **PAUL'S DRIVING TIPS**

### ***Anticipate – Slowdown – Position***

#### **When braking...**

***pull up about a car length shorter than where you think you need to stop***

***... you can always move forward***

#### **Be aware...**

##### Where to look:

- ... look as far ahead as possible
- ... scan back towards your car
- ... check through the side windows
- ... use your mirrors often
- ... occasionally check your dash dials and indicating lights

##### Adjust your driving for:

- ... the conditions
- ... where you want to go
- ... road rules that apply in this area
- ... hazards
- ... distractions

***Never look in any one direction for more than 5 seconds at a time  
...even when stationary***

***Know what you would do if...  
you breakdown, or  
are involved in a crash***

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### **The 3 R's of Habit Development and Habit Change**

*Every habit you have — good or bad — follows the same 3-step loop.*

- **Reminder** - the trigger that initiates the behaviour
- **Routine** - the behaviour itself; the action you take
- **Reward** - the benefit you gain from doing the behaviour

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**Avoid skill decay**  
**Enroll in a driver refresher/defensive driving course every two years**

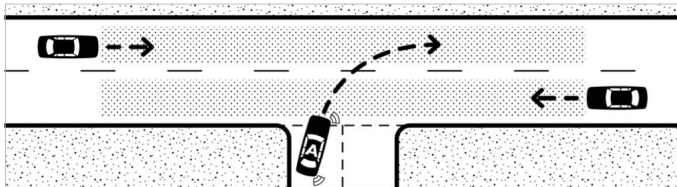
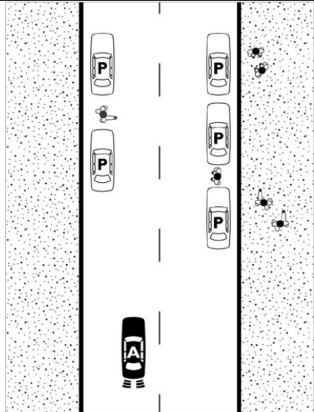
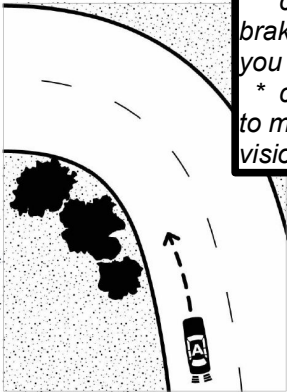
# MORE OF PAUL'S DRIVING TIPS

**Creating space.....**  
\* Maintain traffic flow  
\* Avoid driving beside other vehicles unless passing them  
\* Avoid being "the cork in the bottle", allow others to move around you



**Brake BEFORE hazards –**  
\* *slowdown BEFORE the squeeze*  
\* *don't be braking once you've passed the problem*

**Brake BEFORE bends –**  
\* *complete your braking BEFORE you turn the wheel*  
\* *choose a speed to maintain 5 sec vision at all times*



**Gap selection –**  
\* *a safe gap is one where you do not cause another driver/rider to brake*