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### Do I really need to drive?

**Consider the alternatives:**

Can I have a video or phone meeting instead?

Can I use public transport, a taxi, rideshare or (if long distance), fly?

Can I schedule multiple meetings or appointments in that area to limit the number of days I need to be on road?

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### Have I got the right vehicle?

**If you really need to drive, consider these questions:**

Do I have the most appropriate vehicle for the task?

Is the vehicle suitable for the road I'm travelling on?

Is the vehicle safe (i.e. 5-star ANCAP safety rating)?


Do I have the correct licence for the vehicle?

Do I feel comfortable driving this vehicle?

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### What's the route?

If you've decided to drive and have chosen the best vehicle for the task, the next part of the plan is to know where you're going. This is especially important for longer drives where fatigue is a major driving hazard.





Live Traffic NSW

**Consider these questions:**

Can I map out the safest route to use major roads?

When and where can I take a rest break?

Should I stay overnight?

Final questions before you go				
Vehicle	Route	Controls	Emergency contacts	Self-assessment
Is this an unfamiliar vehicle?	Have I familiarised myself with the drive and chosen the safest route?	Do I know where all the controls are (for example, parking brake, ignition, hazard lights, indicators, petrol/charger cap button and headlights)?	Have I told my work colleagues I will be driving and to avoid calling me?	Am I too tired to drive?
What can I do if I feel the vehicle I am using or have been allocated is unsuitable?	Have I told my manager the route I intend to take as well as my estimated arrival time?	Have I set up the seat and the steering wheel so that it is ergonomic?	Have I set up Bluetooth, Apple CarPlay or Android Auto function before driving (fully licensed drivers only)?	What is my frame of mind? Am I stressed or distracted? - if so, what strategies can I use to ensure I am present in order to drive safely?
Has the vehicle been well maintained?	Have I factored in enough time to reach my destination including accounting for current traffic and weather conditions and stopping for rest breaks?	Are the side and rear vision mirrors set up correctly?	Do I have contact information for the right people if something goes wrong during the trip, such as my fleet manager, breakdown contacts or car insurer?	<div><div>Visit <a href="https://testyourtiredself.com.au">testyourtiredself.com.au</a> to test your level of fatigue.</div></div>
If you have noted any vehicle defects or do not feel comfortable driving this vehicle, notify your manager or fleet coordinator immediately and do not drive the vehicle.	<div><div>To check for current weather conditions, visit the Bureau of Meteorology website.</div></div>	Always set-up your in-built vehicle navigation and audio functions before you start driving.	Set your mobile phone to 'Do not disturb' or 'Do not disturb while driving' to avoid distraction.	