

Make your Pledge to drive safely



Belt Up

front and back
and in taxis too



Wake Up

get plenty of rest
before journeys and
take regular breaks



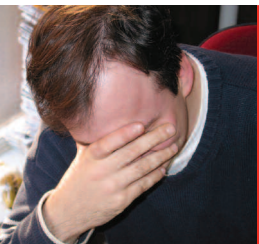
Slow Up

abide by limits and
only overtake if
100% safe



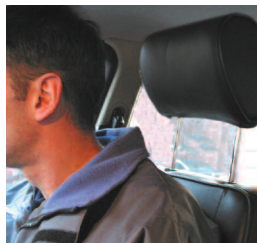
Look Up

look out for people
on bikes, horses
and foot



Buck Up

calm yourself before
driving if stressed,
angry or excited



Move Up

your head restraint so
the top is level with
the top of your head



Sober Up

"just say no" to alcohol
and drugs if driving



Shut Up

switch off your mobile
phone while driving



Wise Up

if it's night, bright,
or bad weather,
go slower



Back Up

from the vehicle in
front - it's your braking
space in a crisis



Sharpen Up

wear glasses or
lenses if you need
them



Check Up

check brakes,
tyres, lights, mirrors,
windows

To Pledge to Drive Safely online, go to
www.brake.org.uk and click on 'driver'