



Checking inside your vehicle

You might make a habit of checking obvious things like your mirrors and seat position. There are many more checks and adjustments you can make that will make your trip more comfortable and safer. Practice these often so you will be able to run through checks and set up quickly and confidently.



Steering wheel

After adjusting your seat, check for the release underneath your steering wheel to adjust your steering wheel height and reach (up/down, in/out). While sitting comfortably, your wrists should extend over the top of the steering wheel

Keep your hands at 9 and 3 o'clock positions on the wheel to alleviate fatigue in your arms and shoulders. You will have the best range of motion to control your vehicle and your hands won't be in the way if your airbag deploys.

Remember to keep two hands on the wheel, you won't have time to get another hand on the steering wheel if you need to react quickly.



Seatbelt

Check that the seatbelt is adjusted to suit your height. The seatbelt should sit mid-way between your neck and shoulder, and low and tight around your hips.



Fuel tip

If you're not sure of which side to fill up on, check which way the arrow is pointing next to the fuel icon.



Mirrors

After you have adjusted your driver's seat, adjust the centre rear view mirror next to see as much of your rear window as possible. If the side of your car is in view through your side mirrors, your mirrors are probably set too narrow. If set too wide, you create large blind spots.



Bluetooth set up

Mobile phone

It is illegal to use mobile phones while driving unless you can use it hands-free and it is secured in a commercial holder.

Your phone could become a hazard but it is also a distraction. It is safest to set your phone so that it automatically activates a do not disturb mode when you start driving and store it in the glovebox to remove the temptation to use it altogether.

GPS

Look at where you're going before you leave to understand how long the trip will take. You will also avoid the need to program or adjust your navigation during the drive. Think about when you're driving too and if you need to allow more time during peak traffic times.

Radio/Music

Set this up before you leave so you can concentrate on your drive.



Loose items

Loose items can become dangerous projectiles if you need to brake suddenly. In a crash, you might be injured from these loose items, not just the impact of the crash. Make it a habit to store loose items in your boot, glovebox or console before you start driving.



Driver's seat

Comfort is important but getting your seat adjusted just right will help with physical fatigue and also make sure you're in a good position to brake quickly if something unexpected happens.

1. Adjust your seat up or down
 2. Move seat towards the front or back
 3. Move seatback up or down
- You should be in a position so you're able to apply full pressure to the brake.



SAFETY TIP – You should be in a position so you're able to apply full pressure to the brake.