



accidents don't have to happen

## Get More From Your Driving



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## DRIVING

Most of us took professional lessons when learning to drive, but few of us have taken any training since passing the Driving Test. We all develop our own driving style and habits over time, cars are changing rapidly as technology develops and driving conditions are becoming more difficult. Taking a little refresher training will help us make our driving safer, less stressful and more enjoyable.

When driving, do you ever:



- Have to brake sharply?



- Drive too close to the vehicle in front?



- Regret something you've just done (e.g. accelerated through an amber light)?



- Creep above the speed limit?



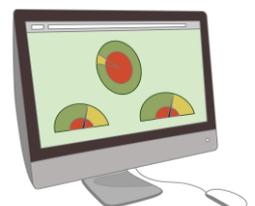
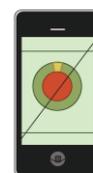
- Feel anxious, tense or intimidated?

These are signs that you could improve your driving to become a safer and more confident driver and save money by using less fuel and reducing vehicle wear and tear. We all develop our own driving style and habits over time, and often do not realise that we could improve our driving. However, we would all benefit from an objective assessment of our driving and a little refresher training to help us make our driving safer, more environmentally-friendly, less stressful and more enjoyable. There are many types of refresher driver training, ranging from quick and easy training or assessments to longer courses leading to full advanced driving tests.

Many bodies (voluntary groups, professional instructors, organisations like RoSPA and local authorities) provide refresher training and many employers arrange driver development training for their staff.

### Telematics

Many motor insurers offer policies that use telematics (usually a small 'black box' fitted in the vehicle or an app on a smartphone) that show you what's good and bad about your driving. If you drive well, you get a higher score, and possibly a discount on your premiums. If you drive poorly (for example, speeding, or harsh acceleration and braking), you get a lower score and your premiums may increase. It is important to view the feedback about your driving regularly because driving improves more when the feedback is viewed.



## Why Take Refresher Training?

### To Enjoy Your Driving

You and your passengers will enjoy driving more and feel much less stressed because your drive will be so much smoother and safer.

### To Improve Your Confidence

You'll feel much more confident, in your own driving and in your ability to deal with the behaviour of other drivers.

### To Reduce Your Crash Risk

It will help you to avoid making mistakes and mis-judgements that lead to crashes, and help you cope with the mistakes of other road users.

### To Reduce Your Fuel Bills

You'll spend less money on fuel, and cause less harm to the environment, because your driving will be smoother, with less harsh acceleration and braking and better use of gears.



### To Reduce Wear and Tear on Your Vehicle

Your car (possibly the second most expensive item you own) will last longer and may have a higher resale value.

### To Lower Your Insurance Premiums

You may be able receive insurance discounts, and at the very least, it will help you keep your no claims bonus intact.

### To Improve Career Prospects

Many jobs involve driving, and having extra driver training qualifications can improve your CV and help to distinguish you from other applicants.

### To Meet People

By joining a driving group, you can meet other like-minded people.

### To Help Get A job

A driver training qualification can be useful when job hunting.

### To Show You Are A Good Driver

Some people take advanced driver training to prove that they are a driver of the highest standard.

## Would I Benefit from Refresher Driver Training?

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Have I had a collision or near miss in the last 3 years?		
Do I have any penalty points on your licence?		
Have I been stopped by the Police in the last 3 years?		
Have I read the Highway Code in the last 5 years?		
Have I had any driver training in the last 3 years?		
Have I changed my car (for example, to an automatic)?		
Is my driving changing (eg, because I have a new job)?		
Do my passengers make comments about my driving?		
Do I blame other drivers when there is a conflict?		
Do I often feel anxious or stressed when driving?		
Do I try to intimidate other drivers to get out of my way?		
Do I break the speed limit?		
Do I sometimes fail to notice pedestrians or cyclists until the last moment?		
Do I feel competitive when driving?		
Am I more anxious in heavy traffic, bad weather or at night?		
Do I find driving more stressful than I used to do?		
Do I argue with other drivers?		
Do I fail to check mirrors before pulling out or changing lanes?		

If you answered 'yes' to any of these questions, consider taking some refresher driver training.

## Where Can I Find More Information?

[RoSPA Road Safety](#)

[RoSPA Advanced Drivers and Riders](#)

[RoSPA Fleet Safety](#)

[Think Road Safety](#)

[The Highway Code](#)

[Department for Transport](#)

[Driver and Vehicle Licensing Agency \(DVLA\)](#)

[Driver and Vehicle Standards Agency](#)

[Road Safety GB](#)

[Road Safety Scotland](#)

[Road Safety Wales](#)

[AIRSO](#)

[Brake](#)

[Roadsafe](#)

[GEM Motoring Assist](#)

[Highways England](#)

[IAM RoadSmart](#)

[London Road Safety Council](#)

[Safe Driving for Life](#)

[PACTS, Parliamentary Advisory Council for](#)

[Transport Safety](#)

[Transport for London Road Safety](#)

[Driving Instructors Association \(DIA\)](#)

[The Motor Schools Association of Great](#)

[Britain Ltd \(MSA\)](#)

[Diamond Advanced Motorists](#)

Details of local driving schools can be found at <https://www.gov.uk/find-driving-schools-and-lessons#before-you-start>, or through local directories or word of mouth. Look for one who offers refresher courses and who has signed up to the DVSA's voluntary continuing professional development (CPD) scheme and the ADI code of practice.



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