

## Life-Saving Rule

### Driving

#### Follow safe driving rules

- I always wear a seatbelt
- I do not exceed the speed limit, and reduce my speed for road conditions
- I do not use phones or operate devices while driving
- I am fit, rested and fully alert while driving
- I follow journey management requirements



## Additional Guidance & References

The driver and passengers should take responsibility for each other's safety, including ensuring all occupants are wearing a seatbelt.

Fitness for duty means assuring that an individual can complete a task safely and without unacceptable risk to themselves or other. This includes not being under the influence of drugs and alcohol.

#### Further reading:

- IOGP Report 365 - Land transportation safety recommended practice describes how to implement land transportation safety elements in a management system - addressing, among other topics, seatbelt requirements, distracted driving, speeding, fitness and alertness, and journey management.
- IOGP Report 470 – Fitness to Work provides a structured process for the systematic identification, assessment and management of the risks associated with tasks that place specific demands (physical or psychological) on employees.