

The Good Van Code – key aspects to professional driving

1. **Speed**
Defensive driving is more than simply complying with legal maximum limits.
Speed should always be adjusted to prevailing conditions
2. **Keep you distance**
Vehicles should have at least a two second gap between them. Remember, “Only a fool breaks the two second rule”.
3. **Weather Conditions**
Adjust your driving to the prevailing weather conditions
4. **Routeing**
If possible, avoid towns and villages. Keep to the major roads where practical
5. **Cyclists**
Cyclists are vulnerable in all traffic. Remember that a bicycle or motorbike should be same room as a small car when being overtaken. Check your mirrors and pay special attention to this when turning at roundabouts.
6. **Parking**
Know the rules on Loading, unloading, waiting and parking restrictions
7. **Compliance with lorry amenity controls**
Do not be caught out! Observe weight restrictions and access restrictions.

Defensive driving will help you develop confidence that accidents are preventable. This will improve both your performance and peace of mind. After that it comes down to two things: Skill and experience

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The Good Lorry Code – key aspects to professional driving

1. **Speed**
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Speed should always be adjusted to prevailing conditions
2. **Keep you distance**
Vehicles should have at least a two second gap between them. Remember, “Only a fool breaks the two second rule”.
3. **Manoeuvrability**
The majority of car drivers are not familiar with the way in which your vehicle has to be driven at roundabouts, junctions etc. Remember to check your mirrors and make allowances for them.
4. **Lorry Image**
Some motorists find the pressure of large vehicles intimidating. Remember to make allowances for them
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7. **Cyclists**
Cyclists are vulnerable in all traffic. Remember that a bicycle or motorbike should be same room as a small car when being overtaken. Check your mirrors and pay special attention to this when turning at roundabouts.
8. **Parking**
Know the rules on Loading, unloading, waiting and parking restrictions
9. **Reversing**
If in doubt, get out and check behind or get someone to guide you back.
10. **Compliance with the lorry amenity controls**
Do not be caught out! Observe weight restrictions and access restrictions

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