

Ten people are killed and 100 seriously injured EVERY DAY ON UK ROADS.

If we drive safely, we can stop the deaths and injuries. **You can help.** Brake, the road safety charity, is asking you to pledge to drive safely.

Pledge to drive safely

The Pledge to drive safely asks you to:

	Belt Up front and back and ensure children are correctly restrained		Wake Up take breaks every two hours on long journeys		Sober Up "just say no" to alcohol and drugs if driving
	Slow Up abide by limits and only overtake if totally safe		Look Up look out for people on bikes, horses and foot		Wise Up if it's night, bright, or bad weather, go slower
	Buck Up calm yourself before driving if stressed, angry or excited		Move Up head restraints so the top is level with the top of your head		Sharpen Up wear glasses or lenses if you need them
	Shut Up put your phone on message service		Back Up from the vehicle in front - it's your braking space in a crisis		Check Up check brakes, tyres, lights, mirrors, windows

Please cut here 

I make the  **Pledge** to drive safely



Signature:

1. FIRST NAME:

2. SURNAME:

3. TITLE (please tick): MR MRS MISS MS OTHER _____

4. CONTACT TELEPHONE NUMBER:

5. ADDRESS:

No./STREET NAME:

TOWN:

POSTCODE:

The information you provide will be held by Brake and will not be made available to other organisations. Brake is registered under the Data Protection Act no. PZ500480X.

6. Please state the type of vehicle you mainly drive:

LORRY BUS/COACH CAR VAN MOTORBIKE

Please return to: **Brake**, PO Box 548, Huddersfield HD1 2XZ.
 tel: 01484 559909 fax: 01484 559983 e-mail: brake@brake.org.uk website: www.brake.org.uk
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