

## Give and take

Driving tip

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Being prepared mentally for what may happen next when you are on the road, rather than relying on reactions to sort out a problem when it has already arisen, is a key factor in safe driving and riding.

By doing that you can also be prepared for what other road users around you might get wrong. Be ready to keep things safe by what you do to allow for them.

A bit of give and take goes a long way.

This is the opposite of the "blame culture". Instead of mentally complaining because "that white van man just cut me up", have a think about what you were doing before hand and what you could have done, if anything, in a different way to prevent that near miss happening.

The IAM researched this approach with Brunel University two years ago. Using two control groups of drivers, plus a third coached to IAM standards, Brunel were able to evaluate the difference this approach made.

Those drivers who were prepared to see themselves as part of the potential hazard were less likely to be involved in a crash or a near miss than the drivers who just "blamed" other road users around them.

Being alert to the possible mistakes of others may feel like a low priority when you are under pressure, or on a bad Monday morning perhaps. It's easier to expect others to do what they should do, all the time.

But there is no such thing as the perfect driver. Do your bit by allowing for their errors. And, if that feel too onerous, think about this: haven't you, at some stage when you were driving made an error which someone else then made safe? Be honest - we all have.

So make a point of helping out the other road users who might do the same for you.

ENDS

313 words

1. Issued by the IAM Press Office, telephone 020 8996 9600. We have an ISDN line for interviews.
2. The IAM (Institute of Advanced Motorists) directly influences the driving and riding of more than 160,000 road users a year (full members, associates and commercial clients) in the UK and Ireland. Established in 1956, the IAM is today best known for the advanced driving test and the advanced driving course. The IAM has grown to become the UK's leading road safety charity, dedicated to raising driving standards, engaging with the road-using public and influencing road safety policy. IAM Fleet, the corporate arm of the IAM, has two subsidiary companies, Drive & Survive and Fleet Ireland. It also operates IAM Pro-Drive.
3. A 2006 report by Brunel University, following an 18 month study, concluded that advanced driver training produces safer drivers and lower accident involvement, with measurable improvements in knowledge, skills and attitude.
4. In January 2007, the IAM Motoring Trust was established as the research and advocacy arm of the IAM. The IAM Motoring Trust will undertake research, promote practical policies, act as an advocate for safer roads, safer drivers and safer vehicles and encourage responsible motoring through education and training.