

# #SafeDriver Everywhere, Every Day



I check my vehicle before each trip.

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I fasten my seatbelt and make sure all passengers do the same.

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I constantly adapt my speed to road configuration and traffic conditions without ever exceeding the speed limit.

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I keep a safe distance from the vehicle in front of me and put my foot in front of the brake when approaching a danger.

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I respect other road users and pay special attention to pedestrians and two-wheelers.

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I respect the defined driving and resting times and take a break at the first sign of fatigue.

+ info on  
the back

I do not use  
my phone  
while driving



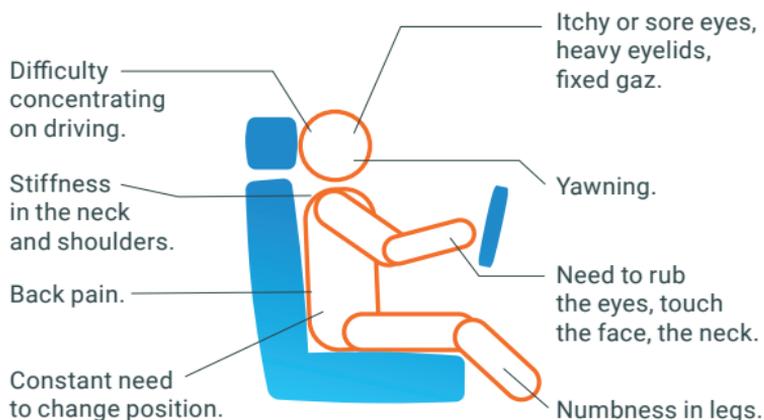
I do not drive  
under the influence  
of alcohol or drugs



TotalEnergies



# Knowing how to identify signs of fatigue



**Take regular breaks:** take a walk, open the windows/doors, use break times to make sure you eat properly.

**Do not struggle to stay awake:** you're fighting a losing battle. At first signs of fatigue, take a break. It's the only way to get rid of drowsiness.

