



# 1

## The human factor

Human factors relate to the person rather than the act of driving. This is the only component of advanced driving not framed by IPSSGA. This section refers to behaviours and actions you as an advanced driver should consider in relation to yourself, your vehicle, your journeys and your lifestyle.

- 1a The driver
- 1b The vehicle
- 1c The journey
- 1d The wider world
- 1e Everyday risks on the road

# Competency sheet

## Human factors

To be an advanced driver, these are the competencies that you should be able to demonstrate. Consider how confident you feel with each. Read on to learn more about each competency.

Progress

### The driver

Put safety first in all driving judgements

Remain calm and considerate of others at all times

Always maintain concentration while driving

Manage any external influences and distractions

Change plans if any factor is likely to impair performance or decision making

Consistently evaluate your own performance, with a view to retaining and developing skills

Apply new found knowledge to improve driving performance

### The vehicle

Conduct pre-drive checks correctly and ensure that vehicle maintenance is up to date

Know the performance and features of the vehicle being driven  
Can conduct a cockpit drill

Understand the purpose of and conclusions from a moving brake test

Recognise the issues when driving an unfamiliar vehicle

### The journey

Understand that the purpose of your journey and time available may influence your driving and decision making

Understand that route choice and planning will influence the way you drive

### The wider world

Consider the range of influences that may impact on your driving

Understand how attitude to risk may affect driving choices

**Achieved all competencies**

**Date**

# 1a The driver

**There are a number of personal qualities or behaviours that you as an advanced driver must demonstrate**

## Put safety first in all driving judgements

- Remember: no journey is so important that safety can be compromised. Never put yourself or others in harm's way

## Remain calm and considerate of others at all times

- Always be aware that your decisions and actions may have an effect on other people
- Recognise that the road space needs to be shared and that this is most successfully achieved when everyone communicates and cooperates
- As well as complying with legislation and the Highway Code, set a good example to other road users
- Display courtesy to other road users

## Always maintain concentration while driving



Concentration can be defined as: 'The action of focusing all one's attention' (*Oxford English Dictionary*)

- Be able to focus on your driving while disregarding any unrelated factors
- Be able to manage driving-related tasks, such as identifying road junctions

## Manage any external influences and distractions

- Remain in charge and not be negatively influenced or distracted by friends or passengers
- Know that recognising these influences and distractions is your first step to successfully overcoming them
- As hands-free telephones have a detrimental effect on concentration, despite being legal and commonplace, avoid use
- Always pull over somewhere safe to answer a call

## Change your plan if any factor is likely to impair your performance or decision making

- Be aware of any physical influences that might impair your decision making and ability to drive safely

For example: if you start to feel tired or experience physical discomfort while driving, you should consider whether you are still able to fully concentrate

Similarly, if you feel angry, frustrated, anxious or frightened, you should find somewhere to stop safely and try to deal with those outside influences. In the longer term – use the experience to develop new methods for managing the influences prior to driving

## Consistently evaluate your own performance, with a view to retaining and developing skills

- The IAM RoadSmart approach to driver development seeks to encompass all of the components necessary to produce safe, well-rounded drivers. It encourages self-reflection as a means to develop as an advanced driver
- Remember: a mistake can often be defused with just an apologetic wave
- Always assess your vehicle control and driving performance as if through the eyes of a third party
- Consider the time of day, the route and any potential negatives, such as tiredness, stress, the effects of illness, prescription medication and traffic conditions. Consider IAMSaFE (Illness, Alcohol, Medication, Stress, and Fatigue, Emotion)
- In terms of the bigger picture, have an understanding of how driving fits into your lifestyle and life goals

## Apply new found knowledge in order to improve driving performance

- Advanced drivers are constantly learning and developing. Always use any new-found knowledge to improve your driving performance

## 1b The vehicle

**There are certain key actions that you must take as an advanced driver in relation to your vehicle**

**Conduct pre-drive checks correctly and ensure that vehicle maintenance is up to date**

- Have an ordered approach to checking your vehicle. You should undertake that check to a high standard, remembering that your primary concern is always safety
- Many modern vehicle's have extended maintenance intervals and so be aware you may clock up a lot of miles/time between services. Adhere to the vehicles service schedules
- Even the most sophisticated checking systems will not detect every problem. You must also visually inspect your vehicle.
- If any doubts arise, have your vehicle checked by a professional

**Know the performance and safety features of your vehicle – and have the ability to conduct a cockpit drill detailing them**

- Be aware of your vehicle's capabilities to remain safe and legal
- Remember: maximum appropriate acceleration will vary considerably from vehicle to vehicle
- Be aware of the safety features and aids fitted to your vehicle, and be prepared to explain them. Remember: your vehicle manual will be a good source for the information

For example: when starting your vehicle, you should know which warning lights should come on – and when they should go off

- Understand the benefits of ADAS systems fitted to the vehicle, how they operate and when appropriate to adjust or temporarily disable
- Know when to stop and investigate if a warning light comes on during a drive

- Remember:  
If it is red – check as soon as it is safe  
If it is amber – check the next time you stop

- Be able to demonstrate sound knowledge of the gearbox fitted to your vehicle

**Understand the purpose of and conclusions from a moving brake test**

- Remember: while a modern vehicle may display a warning light in the event of a brake failure, the effect of an obstruction or other outside influence won't be monitored
- Be able to conduct a moving brake test at a low speed to safely assess that the vehicle pulls up evenly on all wheels with no adverse effect on the steering
- Notice if the braking system makes any untoward noises
- Know the required pressure on the pedal to slow and stop your vehicle – and be aware of the performance of the tyres in the given conditions

**Recognise the issues when driving an unfamiliar vehicle**

- Always be prepared to conduct a cockpit drill to get to grips with an unfamiliar vehicle and any features which may affect the way you drive it



## 1c The journey

**There are certain important factors that you as an advanced driver must be aware of in relation to the journey**

**Understand that the purpose of your journey and the time available may influence your driving and your decision making**

- Always consider the purpose of the journey and whether it is likely to change

For example: an observed drive may, on conclusion, become a drive to visit friends or to pick-up children, so priorities may change

- Similarly, be aware that if time is short, that may become the focus of your concentration and affect your decision-making process and attitude towards other drivers

For example: you should not become less willing to share space nor more aggressive in your communication

- By recognising these changes at an early stage, you can manage them effectively

**Understand that route choice and planning will influence the way you drive**

- Consider your knowledge of the route and the possible effects of how you choose to get there

For example: if the bypass is closed and you have to go through the town centre unexpectedly, how might that affect the way you approach the drive? If you are relying on sat-nav and it fails, can you deal with it?

- When undertaking a longer journey, break it up with appropriate stops every two hours or 100 miles (whichever comes sooner)

## 1d The wider world

**Driving doesn't happen in a vacuum; it is part of life. As an advanced driver, you should therefore be aware of the possible impact other lifestyle factors may have on your driving. In particular, you should:**

**Consider the range of influences that may impact on your driving**

- Consider whether your peer group's view of how to behave on the road differs from that of a careful and competent driver
- Consider how peer group pressure might influence your attitudes and behaviour when driving
- Similarly, consider your focus when driving

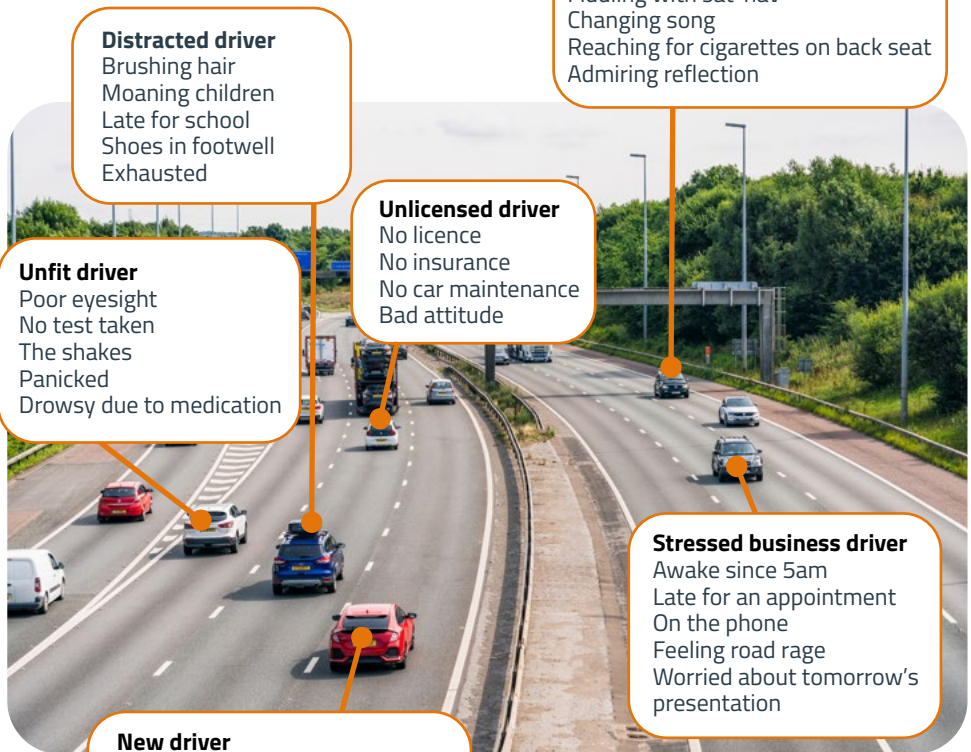
For example: The focus of a commercial salesperson en route to their next meeting, a delivery driver under pressure to complete their round, or a grandparent taking a child to the park will differ

**Understands how attitude to risk may affect driving choices**

- Remember: a thrill-seeking, try-anything-once approach to life can easily translate into risk-taking behaviour on the road. This is unacceptable in an advanced driver
- To counter this risk:
  - Pause to consider the negative consequences of any risk-taking behaviour
  - Effectively manage any behaviour that may lead to inappropriate risk-taking

# 1e Everyday risks on the road

Remember that every time you take to the road, you are facing a range of potential hazards. Look at this photo, which highlights some of the risks you may encounter in your day-to-day driving



### Distracted driver

- Brushing hair
- Moaning children
- Late for school
- Shoes in footwell
- Exhausted

### Unfit driver

- Poor eyesight
- No test taken
- The shakes
- Panicked
- Drowsy due to medication

### Unlicensed driver

- No licence
- No insurance
- No car maintenance
- Bad attitude

### Multi-tasking driver

- Eating fast food on his knee
- On the phone
- Fiddling with sat-nav
- Changing song
- Reaching for cigarettes on back seat
- Admiring reflection

### Stressed business driver

- Awake since 5am
- Late for an appointment
- On the phone
- Feeling road rage
- Worried about tomorrow's presentation

### New driver

- First time driving alone
- Never been in this much traffic
- Confusion over signs and lanes
- Panicked

### Other possible hazards

- Petrol spillage
- Car with broken brake lights
- Car with poor brakes/worn tyres
- Potholes
- Worn road markings
- Low, blinding sunlight
- Hidden signposts