



MR EXPRESS SAFE DRIVING PLAN

Driver Name :	Contact Number :
Vehicle Registration :	Manifest No. :

DECLARATION

I am medically fit for duty	<input type="checkbox"/> Yes <input type="checkbox"/> No
I am free of Alcohol and Drugs	<input type="checkbox"/> Yes <input type="checkbox"/> No
Pre Trip Check	<input type="checkbox"/> Yes <input type="checkbox"/> No
Load Inspection	<input type="checkbox"/> Yes <input type="checkbox"/> No
I declare that I have had the required breaks in the last 24 and 72 hours 7 and 14 days	<input type="checkbox"/> Yes <input type="checkbox"/> No
	<input type="checkbox"/> Yes <input type="checkbox"/> No
Driver Hours Scheme	<input type="checkbox"/> BFM <input type="checkbox"/> Standard

This plan has been completed by: Driver By Phone Name of Person _____

Signed _____ Date _____

NON-CONFORMANCE: Reason for delay or non-conformance
Please notify MR Express Pty Ltd – 0409 175 113 Mark, Dave 0409 081 656.

DRIVING PLAN <small>PLEASE CIRCLE</small>	MEL to SYD SYD to MEL	MEL to BRIS BRIS to MEL	SYD to BRIS BRIS to SYD	SYD to ADEL ADEL to SYD
ESTIMATED DRIVE TIME	900km - 11 hrs	1740km – 21 hrs	1000km – 12 hrs	1440km – 18 hrs
KNOWN HAZARDS	Road works, weather conditions and other road users.			
BLACK SPOTS	Single carriageway			
SAMPLE REST AREAS	Wallan, Albury, Holbrook, Tarcutta, Gundagai, Marulan	Seymour, Shepparton, West Wyalong, Dubbo, Toowoomba	Newcastle, Taree, Kempsey, Grafton, Ballina, Nerang, Beenleigh	Renmark, Mildura, Balranald, Hay, Narrandera, Wagga, Marulan

I agree to adhere to the MR Express Safe Driving Plan	<input type="checkbox"/> Yes <input type="checkbox"/> No
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Signed _____ Date _____