LOGISTICONSULT
BESPOKE TRANSPORT MANAGEMENT SOLUTIONS

DRIVER TOOLBOX TALK · ABOUT 8 MINUTES

SPEED LIMITS.
KNOW YOUR NUMBERS.

HGV speed limits are lower than car limits for a reason — stopping distances and load change everything.

WHY THIS MATTERS

A loaded HGV doesn't handle or stop like a car, which is why the legal limits are different. Getting this wrong costs points and fines personally, and it counts against the operator's licence too.

COVER WITH THE GROUP

Key Points

- Know the specific limits for your vehicle category — they aren't the same as car limits
- Typical limits: 60mph motorway, 50mph A-roads, 40mph other roads for most HGVs over 7.5t — check your vehicle's exact category
- Speed limiters are set for a reason — don't tamper with them
- Weather, load, and road conditions can mean the safe speed is well below the legal limit
- Speeding fines and points affect your licence, and repeated offences affect the operator's licence too
- A few minutes saved rarely outweighs the risk involved

WATCH OUT FOR

Common Mistakes

- Assuming car speed limits apply to your vehicle
- Pushing speed to make up time lost elsewhere in the shift
- Not adjusting speed for a heavier-than-usual load

Ask the group:

Do you know your vehicle's exact speed limit on each road type?

Has time pressure ever made you drive faster than you were actually comfortable with?

ATTENDANCE RECORD

Keep this page on file as evidence the talk took place. DVSA and the Traffic Commissioner look for proof of ongoing driver training, not just a policy that says it happens.

Talk delivered by: _____ **Date:** _____ **Location:** _____

Driver Name	Signature	Date