

DRIVE SMART AND STAY SAFE

Motor vehicle crashes are the leading cause of work-related injuries, according to the National Safety Council. Driver fatigue, drinking, time pressure and not wearing seatbelts are contributing factors. Do all you can to stay safe on the road- on and off the job?

DEFENSIVE DRIVING

- ❖ Help prevent accidents by driving responsibly and courteously. Keep your cool and be patient.
- ❖ Don't insist on the right or way or expect other drivers to do the right thing.
- ❖ Stay alert and focused on the road as well as on the other drivers.
- ❖ Never tailgate; leave at least a three-second gap between you and the car ahead.
- ❖ Obey traffic laws and signs.
- ❖ DON'T SPEED—it's the most common driver error in fatal accidents.

DISTRACTIONS, STRESS AND FATIGUE

- ❖ If you get tense while driving, take deep breaths and try to relax.
- ❖ Reduce stress by allowing plenty of time to get to your destination.
- ❖ Avoid using cell phones, eating, reading maps or any other type of distracting activity while driving.
- ❖ Avoid driving if you're tired. Limit fatigue by getting at least eight hours of sleep before you go.

IMPAIRED DRIVING

- ❖ Any alcohol- even a small amount- can impair driving.
- ❖ Never drive after you're had alcohol, drugs or medications that make you sleepy.
- ❖ Don't accept a ride from anyone who's been drinking.
- ❖ Don't try to pass drunk drivers on the road, stay a safe distance away and call to report them.

WEAR A SEATBELT EVERY TIME YOU DRIVE OR RIDE IN A VEHICLE

Content Source: National Safety Council. (Users of Safety Talk are advised to determine the suitability of the information as it applies to local situations and work practices and its conformance with applicable laws and regulations).