

Steer Toward Safe Driving

Vehicle accidents, on or off the job, can create serious problems for you, your employer and your family. By having a “safe driver attitude”, you can reduce the risk of being involved in a traffic accident.

Motor vehicle accidents are the most common cause of accidental death in the United States. They are also the most common cause of workplace fatalities, representing about one in four fatal work injuries. *

Safe Driver Attitude Includes:

- Always make sure your vehicle is in a safe operating mode before driving including, check tires, front and rear lights, wipers, and washer fluid before starting out.
- Always wear your seat belt when driving.
- Avoid distractions while driving including no texting, cell phone conversations, reading, putting on make-up, etc. Instead, be aware of your surroundings and constantly be alert.
- Keep a safe following distance (3 Second Rule) - Watch the vehicle in front of you pass an object, then count the time (one thousand one, one thousand two and one thousand three) it takes for you to reach that object. If you're closer than three seconds, then back off slightly to reach a three-second following distance or four-seconds in adverse conditions.
- Take extra precautions in bad weather, such as when there is rain, fog, snow or ice – it is better to arrive late than not at all!

A Fatal Combination

Drinking and driving—or using drugs and driving—are fatal combinations. More than 40 percent of all traffic-related deaths in the United States involve alcohol; and drugs (such as cocaine and marijuana) are involved in approximately 20 percent of fatalities. Even doctor prescribed medicines can impair your safe driving, so talk to your doctor about how your medications may impact your job duties. Request safer alternative medications when possible.

Every 12 minutes someone dies in a motor vehicle crash, every 10 seconds a motor vehicle-related injury occurs, and a crash occurs every 5 seconds. Many of these accidents occur during the workday or during the commute to and from work. These deaths and injuries are largely preventable. *

Don't become part of the statistics!



**Per “Guidelines For Employers to Reduce Motor Vehicle Crashes” - joint effort by NETS, NHTSA and OSHA to reduce motor vehicle-related deaths and injuries in the nation’s workforce.*