



Avoiding the crash

Traveling in a vehicle is one of the riskiest behaviors we engage in, yet most of us drive or ride in a vehicle regularly without giving it much thought. To reduce the risk as much as possible, obey the rules of the road and take responsibility for yourself and your vehicle.

Distracted driving

Drivers face many distractions that can increase their risk. One of the most common distractions is cell phone use. This could include taking a phone call, texting or looking up an address. Other common distractions include changing music, eating, grooming or talking to passengers.

- Consider adding voicemail and automated text message replies to alert others that you will not answer while driving.
- Set the destination in your GPS or mobile app and review the route before leaving.
- Avoid any activity that takes your hands off the wheel or your focus off driving.
- As a vehicle occupant, speak up if the driver is distracted and ask them to focus or pull over.

Vehicle safety

The safety of your vehicle depends on you. Prepare for each trip by following these safety measures.

- Stay up to date on your vehicle's maintenance schedule and get necessary repairs as soon as possible.
- Perform a pre-trip inspection to check items such as tire pressure, warning lights and brakes.
- Turn on all available safety features such as headlights, airbags, lane-departure alerts, blind-spot monitors and automated emergency braking.
- Ensure all vehicle occupants are buckled, including backseat passengers.

Stay in control

Never assume other drivers will follow the rules of the road or yield to you. Take control of your own safety and always drive defensively.

- When a traffic light turns green, wait three seconds before moving into the intersection to ensure cross-traffic is stopped.
- If another driver is tailgating you or otherwise driving aggressively, change lanes and let them pass.
- Drive below the speed limit when weather and/or traffic conditions are worse.
- Constantly scan the road ahead and be on the lookout for new hazards such as pedestrians, bicycles or other vehicles.
- When driving near semi-trucks, avoid their blind spots, provide extra space and avoid cutting them off.



Discussion questions

1. What are common distractions for drivers?
2. What types of items should you check before driving?
3. It's unnecessary to wear a seat belt if you're a passenger in the backseat. True or false?
4. When a traffic light turns green, how long should you wait before moving?
5. What can you do to safely share the road with semi-trucks?

Answers

1. Common driver distractions include cell phone use, changing music, eating, grooming or talking to passengers.
2. Before driving, check items such as your tire pressure, warning lights and brakes.
3. False. Everyone in the vehicle must wear a seat belt at all times.
4. When a traffic light turns green, wait three seconds before moving to make sure cross-traffic is stopped.
5. When driving near semi-trucks, avoid their blind spots, provide extra space and avoid cutting them off.

Meeting note:

Employee comments/concerns: _____

Other safety issues to be addressed on the job/facility: _____

Training record:

Date: _____ Job site/facility: _____
 Trainer: _____ Title: _____

Employee name (print)	/ (signature)	Employee name (print)	/ (signature)
_____	/	_____	/
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