

# Safe Driving Practices

You are your employer's most valuable asset! The way that you drive says everything about you and your company. Make a positive statement by following these work-related safe driving practices.

## Stay Safe

- Use a seat belt at all times – driver and passenger(s).
- Be well-rested before driving.
- Avoid taking medication that makes you drowsy.
- Set a realistic goal for the number of miles that you can drive safely each day.
- If you are impaired by alcohol or any drug, do not drive.
- Put loose items in the trunk.

## Stay focused

- Driving requires your full attention. Avoid distractions, such as adjusting the radio or other controls, eating or drinking, and using a cell phone.
- Continually search the roadway to be alert to situations requiring quick action.
- Stop about every two hours for a break. Get out of the vehicle to stretch, take a walk, and get refreshed.

## Avoid aggressive driving

- Keep your cool in traffic.
- Be patient and courteous to other drivers.
- Do not take other drivers' actions personally.
- Reduce your stress by planning your route ahead of time (bring the maps and directions), allowing plenty of travel time, and avoiding crowded roadways and busy driving times.

According to the Bureau of Labor Statistics, more than 1,766 deaths a year are from occupational transportation incidents. That's 38% of all deaths from on-the job incidents.