Driving safely

Objective
List five safe driving tips.

Share: Motor vehicle accidents are the leading cause of workplace fatalities and are life-altering for everyone involved.

Ask: What can drivers do to arrive at their destination safely?

• Stay focused. Avoid distractions.
  - Pull over when talking or texting on a cell phone. Studies have repeatedly shown that talking on a hands-free device decreases the driver’s ability to focus and increases the risk of a crash.
  - Don’t eat while driving.
  - Avoid personal grooming while driving, such as applying make-up.

• Get enough rest. Pull over if you are tired. [Share the handout on the next page.]

• Wear a seat belt.

• Keep your distance. Four to five seconds of distance between vehicles allows you enough reaction time in the event of a road hazard.

• Check mirrors regularly. Position them properly so you can see the roadway.

• Drive sober.

• Maintain your vehicle.

• Keep windows clean.

• Remain calm. Avoid aggressive driving or road rage. Don’t retaliate for another driver’s errors, such as cutting you off.

• Provide yourself with plenty of time to reach your destination.

• Take a defensive driving class.

• Slow down after dark, when it is harder to see potential hazards.

• To avoid headlight glare, look at the white line marking the outside edge of the traffic lane instead of oncoming traffic, to avoid headlight glare.

Consider asking: What’s one thing you can do to improve your driving? Share a personal example.

Ask: Any safety concerns or suggestions?
Fatigue and driving

Do:
- Get a good night’s sleep before a long drive
- Get off the road if you notice any of the warning signs of fatigue
- Find a safe place to take a 15- to 20-minute nap
- Drive with a friend. A passenger who remains awake can help watch for signs of fatigue in the driver and can take a turn driving if necessary.

Don’t:
- Drive if you are tired or on medication that may cause drowsiness
- Rely on the radio, an open window, or other tricks to keep you awake
- Drive at times when you would normally be sleeping
- Drink even a small amount of alcohol, especially if you are sleepy

Warning signs

You can fall asleep while driving and not know it.
- Trouble focusing or keeping your eyes open
- Yawning or rubbing your eyes repeatedly
- Difficulty keeping your mind on your driving
- Drifting from your lane, tailgating, and missing signs or exits
- Inability to clearly remember the last few miles driven
- Feeling restless, irritable, or aggressive
- Turning up the radio or rolling down the window
- Slow reaction time
- Poor judgment
- Difficulty processing information
- Poor short-term memory
- Microsleeps, defined as brief sleep episodes of two or three seconds

See drowsydriving.org for more information.

Source: National Sleep Foundation

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Fatigue and driving

Don’t drive drowsy

Crash in your bed, not on the road.

Know the warning signs

Do and don’t