Safe driving saves lives
Nothing is more important than arriving safely.

Steps managers can take to support safe driving:
- Establish a written driver safety policy.
- Conduct a regular review of employee motor vehicle records.
- Include a ride-along driving evaluation for all potential drivers.
- Deliver driver safety training to encourage best practices.
- Create a policy prohibiting cell phone use while driving.

**Know before you go.**
Walk around the vehicle.
Check tire inflation and fluid levels. Make sure all repairs are current.
Confirm you have a roadside emergency kit.
Clean the windshield for visibility.

**Don’t drive impaired.**
Drowsy driving can be as risky as driving while using drugs or alcohol.
One study found that being **awake for 24 hours** has the same harmful effect on driving as a **blood alcohol content of .10 percent**. Know the warning signs for falling asleep behind the wheel. Be prepared to pull over to a safe place for a short nap or switch drivers when necessary.

**Avoid distractions.**
Don’t use cell phones while driving. Cell phone use is estimated to contribute to

6 percent of vehicle crashes a year in the U.S., which is the equivalent of 2,600 deaths. Research has shown that hands-free devices offer no safety benefit.

Consider limiting other distractions as well, including food, cosmetics, and navigation systems. Prepare for the day and plan your trip in advance.

**Drive defensively.**
Scan frequently in all directions. Be aware of traffic, pedestrians, and obstacles. Always have a planned escape route.

**Maintain a safe speed:**
Remember, driving at a slower pace increases reaction time and lessens the severity of an impact.