

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?

**Don't drive
drowsy**

Crash
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not on
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Know the
warning signs

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: do and don't

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

See **drowsydriving.org**

for more information. Source:

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