



# Safe Driving Tips

Motor vehicle incidents are the leading cause of work fatalities. While you cannot control roadway conditions, you can protect yourself by following these driving safety tips:

## 1 Inspect the Vehicle

- Walk around the outside of the vehicle and inspect it.  
*Are the tires inflated properly?*  
*Are the headlights working?*  
*Is the vehicle in safe working order?*
- Once in the vehicle, adjust the seat, mirrors and steering wheel as needed.
- Does the vehicle have emergency supplies?

## 2 Secure Cargo

- Any sudden driving maneuver can cause loose items to slide around or fly off a vehicle. Be sure to secure all cargo, whether it is outside or inside the vehicle.

## 3 Use a Seat Belt

- According to the National Highway Traffic Safety Administration (NHTSA), seat belts are the single most effective means of reducing deaths and serious injuries in traffic crashes.
- ALWAYS fasten your seat belt before you begin to drive. Check to make sure passengers have also fastened their seat belts.

## 4 Drive Defensively

- Each time you get behind the wheel, you should have a defensive driving mind-set, you should:  
*Check the driving conditions before leaving.*  
*Avoid driving in inclement weather.*  
*Maintain a safe following distance.*  
*Do not speed.*  
*Look ahead in traffic for situations that might require quick attention.*

## 5 Avoid Distractions

- Do not use your cellphone while driving. It is both unsafe and illegal.
- Be cautious of other distractions such as talking, music, dropping objects, eating, etc.
- Although tempting, do not multi-task while driving.

## 6 Avoid Impairment

- Never drive impaired. Do not drive under the influence of alcohol, certain prescription and over-the-counter medications, or illegal drugs.

## 7 Avoid Driving Drowsy

- Driving while drowsy can increase your chances of an accident. Do not drive if you are not fully alert.

## 8 Avoid Driving Aggressively

- Be patient with others, plan routes to avoid traffic and construction, leave early enough to allow time for unexpected delays, and avoid aggressive drivers on the roadway.

## 9 Take Security Measures

- Lock doors and keep windows rolled up.
- Avoid secluded, poorly lit parking lots.
- Stay alert while walking to your vehicle.
- Do not leave valuables in the vehicle.



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