

## Driver Safety

When we think of work-related hazards, we typically think of what happens inside the workplace. But one of the greatest threats to employees safety is not in the workplace but rather on the road. Distracted driving is one of the main causes of these accidents. All distractions endanger driver, passenger, and bystander safety.

### Key Facts and Statistics:

Here are some statistics related to vehicle accidents over the past few years.

- Someone is injured every 14 seconds
- 431,000 are injured due to distracted driving annually
- Distracted driving kills over 3,000 people annually
- 1 in 4 fatal work injuries involves a vehicle accident
- At any given daylight moment across America, approximately 660,00 drivers are using cell phones or manipulating electronic devices when driving
- 5 seconds is the average time your eyes are off the road while texting

### Examples of Distracted Driving:

- Texting
- Eating and drinking
- Talking to passengers
- Grooming
- Using Navigation systems
- Adjusting a radio
- Watching a video

### Other hazards when driving:

- Reckless driving
- Fatigue
- Poor vehicle conditions
- Driving under the influence
- Bad weather conditions
- Difficult road conditions
- Heavy traffic
- Poor lighting or glare

### Staying Safe While Driving:

Whether it is distracted driving or hazardous conditions, there are things you can do to keep yourself safe. Here are some examples of things to be aware of before getting into a vehicle.

- Always wear your seat belt
- Ensure vehicle is receiving regular maintenance
- Do a pre-drive inspection
- Obey speed laws and traffic signals
- Be on the lookout for surprise: pedestrians, bicycles, potholes, other drivers, etc..
- Stay at least two seconds behind the vehicle in front of you
- Continually check your mirrors
- Avoid driving on lack of sleep
- Take extra precaution in heavy traffic, road construction, and adverse weather
- Carry emergency repair and signal equipment