



# Safety in Five

Topic: \_\_\_\_\_

Date: \_\_\_\_\_

Location: \_\_\_\_\_

Company: \_\_\_\_\_

**Topic specifics relevant to your job**

**An estimated 42,915 people died in motor vehicle traffic accidents in 2020\***

- 39% of occupational fatalities are the result of motor vehicle incidents
- The use of cell phones is more likely to lead to a crash or near crash than other forms of distraction
- Nearly all crashes are preventable

**Defensive driving**

- Before driving – familiarize yourself with vehicle controls, determine route and fasten seatbelt
- Scan the road – watch for hazards
- Keep your hands on the wheel and stay focused
- Don't speed and do not tailgate
- Use your directionals
- Be aware of intersections – look left and right
- Slow down in rainy, foggy or snowy conditions

**Avoid distracted driving**

- Keep cell phone and electronics out of your hands

- Avoid eating and drinking
- Do not reach for objects

**Vehicle maintenance**

- Ensure brake lights, headlights and directionals are operational
- Regularly inspect tires for ample tread and air
- Ensure that windows and mirrors are clean and in good repair
- Schedule vehicle maintenance per the manufacturer's recommendation

**Avoid Road Rage**

- Do not drive while stressed or fatigued
- Don't make rude gestures and use your horn sparingly
- Change lanes or adjust speed to encourage tailgaters to pass you
- Call 911 if under attack

Sources: NHTSA, OSHA, TrafficSafety.org

Attendees (Names/Signatures)	

**Comments/Suggestions**