

Toolbox Talk - Driving Safety Tips

Toolbox Talks are intended to supplement training as safety and health discussions on the job site.

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Introduction

Motor vehicle crashes are one of the leading causes of death in the U.S. More than 2.3 million adult drivers and passengers were treated in emergency departments as the result of being injured in motor vehicle crashes in 2009. This is an overview on safe driving tips for employers and employees who drive for a living.

Discussion Date: _____

Trainer: _____

Employee Participants:

Tips for Safe Driving

- Always wear your seat belt. Wearing seat belts can increase your chance of survival in an accident. If your passengers are children, place them in correctly installed car safety seats.
- Don't drive under the influence. Each year 23,000 people die in drinking and driving related accidents. Drinking alcoholic beverages as well as some prescription drugs can impair a driver's judgment, vision, and reaction.
- Don't drive if you are tired. The National Highway Traffic Safety Administration estimates that driver drowsiness and fatigue causes 100,000 accidents each year.
- Maintain your vehicle in good condition. Check that the tires, brakes, headlights, taillights, and turn signals all work properly.
- Obey the speed limit and maintain a safe driving distance between you and the car in front of you, especially when driving in bad weather conditions and darkness.
- Drive defensively and stay aware of the drivers around you. If another driver is driving aggressively or experiencing road rage stay away from them, even if you have to pull off the road.
- Be careful at intersections. Over 2/3 of all traffic injuries occur at intersections so be alert when you approach one.
- When using a cell phone while driving, pull off the road in a safe and legal place or limit your calls to emergencies. Cell phone use was reported in 18% of distraction-related fatalities in America.
- If your vehicle has an Anti-Lock Braking System (ABS) and you must brake because of an obstacle, be sure to press the brake pedal and hold, and gently steer around the obstacle.
- Be extra careful when driving in highway and road construction areas. Each year in Texas approximately 100 people, the majority motorists, are killed in highway and road construction areas.
- Don't Text. Sending or receiving a text takes a driver's eyes from the road for an average of 4.6 seconds, the equivalent-at 55 mph-of driving the length of an entire football field, blind.

The material in this document is provided for informational purposes only and not as a comprehensive or exhaustive resource on this topic. The toolbox should not be used as substitution for training but as a supplement to formal training.