



Driving down the road is no longer a lonely, quiet experience. With cell phones and interactive video screens added to the traditional radio, the interior of your vehicle no longer offers a quiet place to focus on driving. These days with everyone's life so busy, paying attention while driving can be difficult.

Have you ever been driving down the road and suddenly you notice you don't remember the last three miles you traveled? Although your attention may only be diverted for a split second, the ever-changing variables of the road and other vehicles can make you instantly vulnerable to accidents.

The following rules can help you concentrate on what you should be doing: driving.

- Tie up loose ends before you leave the job or office.
- If you must travel in heavy traffic areas, plan your travel at times other than rush hour.
- Know the condition of the roads on which you are travelling and drive only as fast as those conditions allow.
- Set the radio to a station and leave it there until you stop again.
- Continually search the roadway to be alert to situations requiring quick action.
- Watch out for and anticipate other drivers, pedestrians, or children on or near the road.
- Stay out of the other vehicle's blind spot.

- Keep a safe distance from other drivers by maintaining a safety cushion around your car.
- Be well-rested before driving.
- Avoid taking medications that make you drowsy.
- Be sure that any prescription drugs you may be taking are not going to influence your driving abilities.
- Set a realistic goal for the number of miles that you can drive safely each day.
- Stop about every two hours for a break. Get out of the vehicle to stretch, take a walk, and get refreshed.
- If you are impaired by alcohol or any drug, do not drive.

Safe drivers scan constantly for hazards, predicting how they may be affected by a hazard and pre-determining how to avoid or reduce them.

You are your employer's most valuable asset! The way that you drive says everything about you and your company. Make a positive statement by following these work-related safe driving practices.