



## Defensive Driving

Workers often spend a long time on the road driving. Be alert to hazards and take these precautions.

- Be alert to the hazards around you, including changing weather or poor road conditions, children darting into traffic and actions of other drivers.
- Driving defensively means taking every possible precaution to avoid an accident.

### Defensive Driving Tips

- Always inspect your vehicle before a trip. Make sure trailers are hitched securely, tires are inflated properly and loads are tied down securely.
- Always stay alert. If you feel sleepy, pull over to the side of the road and take a break when you can do so safely.
- Anticipate hazards so you can take action before you encounter one.
- Keep a safe distance from the vehicle in front of you.
- Let problem drivers move ahead of you. Do not challenge them.

### More Safe Driving Tips

- Always wear your seat belt.
- Eliminate or reduce hazards whenever possible. Make sure no loose items are on your dashboard by your feet or that loads are not piled too high.
- Always use your signals.

### Stay Safe

- Use a seat belt at all times – driver and passengers.
- Be well-rested before driving.
- Avoid taking medications that make you drowsy. Many prescription and over-the-counter drugs, can cause drowsiness.
- Set a realistic goal for the number of miles you can drive safely each day.
- If you are impaired by alcohol or any drug, do not drive.

## Stay Focused

- Driving requires your full attention. Avoid distractions, such as adjusting the radio or other controls, eating, drinking, talking or texting on the phone.
- Watch the roadway for situations requiring quick action.
- Stop about every two hours for a break. Get out of the vehicle to stretch and take a walk.

## Avoid Aggressive Driving

- Keep your cool in traffic.
- Be patient and courteous to other drivers.
- Do not take other drivers' actions personally.
- Reduce your stress. Plan your route ahead of time; bring maps and directions; allow plenty of time; and avoid busy roadways and driving times.

Source: Occupational Safety & Health Administration

Safety tips developed based on generally accepted safety standards believed to be reliable at the date of publication. Information is for general guidance only and should not be relied upon for legal compliance purposes.

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