

Promote safe driving practices

Seat belt use: Seat belts are the single most effective means of reducing deaths and serious injuries in traffic crashes.

Secure materials for transport: Tools or equipment should be secured while being transported to prevent unsafe movement. During a crash or when making sudden maneuvers, loose objects can slide around or become airborne, injuring the driver or passengers. Objects that could become a hazard should be secured or stored outside the passenger compartment.

Distracted driving: Distracted driving is a factor in 25 to 30 percent of all traffic crashes. Since drivers make more than 200 decisions during every mile traveled, it's critical to stress that when driving for work. Refrain from using cell phone to minimize distraction.

Alcohol and drug impaired driving: It is estimated that three in every 10 Americans will be involved in an impaired driving-related crash some time in their life. Alcohol, certain prescription drugs, over-the-counter medications, and illegal drugs can all affect a person's ability to drive safely due to decreased alertness, concentration, coordination, and reaction time.

Fatigued driving: Fatigued or drowsy driving may be involved in more than 100,000 crashes each year, resulting in 40,000 injuries and 1,550 deaths. Employees should be well rested, alert, and sober on the road so they are in a position to defend themselves from drivers who do not make the same choice. Train employees to make smart decisions when they're behind the wheel, on and off the job.

Aggressive driving: Employees commuting to and from work or traveling for work often get caught up in bottlenecks and traffic delays, wasting their time and reducing their productivity. These situations create frustration that can spark aggressive driving behavior. Aggressive driving acts include excessive speed, tailgating, failure to signal a lane change, running a red light, and passing on the right. The best advice is to avoid engaging in conflict with other drivers and to allow o

Motor vehicle crashes are the leading cause of accidental death and injury both on and off the job. Of the more than **110,000** accidental deaths in 2004, **46,200** Americans died in motor vehicle collisions and another **2.4 million** were seriously injured. Motor vehicle crashes accounted for 2,086 of the 5,000 workers killed on the job.