Driver Safety - Summary

Safe Driving Practices

Do:
- Get plenty of rest prior to leaving
- Pre-set your navigation system
- Pre-set your music
- Wear a seatbelt at all times
- Observe company policies

Do not:
- Use cell phones
- Multi-task
- Interact with others
- Groom
- Read

Defensive Driving Practices

- Prepare before you leave
- Observe the rules of the road
- Look ahead and around
- Prepare for the unexpected
- Maintain a proper following distance

Dangerous Practices

- Drinking and driving
- Speeding

Safe Driving Habits

- Maintain your vehicle
- Be prepared for an emergency

If you’ve been in an accident:
- Check for injuries
- Prevent further accidents
- Wait, stay calm, and be patient

Responding to Unsafe Drivers

- Get away
- Report by calling 9-1-1 once you’re safe and stopped off the roadway
- Keep your distance
- Stay calm
- Do not engage

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**In inclement weather:**
- Check weather reports
- Stay at home if weather is severe
- Keep your cell phone charged
- Keep a full tank of gas
- Wear your seat belt
- Slow down – go below the speed limit if necessary
- Maintain extra space between your car and those around you
- Use extra caution on curves, in intersections and shaded areas, and on bridges and overpasses
- Apply the brake lightly when trying to stop or turn on a slippery surface
- Do not pump ABS brakes
- Never use cruise control on slippery or icy roads
- Find a safe place to wait out the storm if the weather or visibility is particularly bad

**When driving in fog:**
- Slow down
- Avoid changing lanes or passing other vehicles
- Increase the distance between your vehicles and others on the roadway
- Turn on your low beam headlights and fog lights, not high beam headlights
- Be prepared for other vehicles to stop unexpectedly
- Turn off your cruise control
- Use the right line or edge of the roadway as a guide
- Signal earlier than usual
- Listen for traffic you may not see
- Be aware of slow moving or parked vehicles

**Headlights**
- Know the headlight use laws in your state
- Use headlights when visibility is reduced to 1000 feet (304.8 m) or less
- Slow down if headlights don’t allow you to see at least 4 seconds ahead of you
- Increase space between your vehicle and the one in front of you
- Use high beam headlights (brights) when roads are clear and weather is good
- Dim high beam headlights for oncoming traffic
- Do not stare into oncoming headlights
- Use headlights day and night for safety

**If you can’t see:**
- Pull over to the side of the road
- Turn off your lights so that others following you don’t run into you
- Turn on your 4-way hazard flashers immediately