



# BE SAFE ON THE ROAD

**A vehicle crash occurs every 5 seconds.\***  
**Many causes of accidents are considered preventable, including:**



Speeding



Driving too fast  
in bad conditions



Fatigued  
driving



Aggressive  
driving



Distracted  
drivers

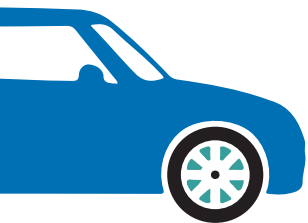


Improperly  
maintained  
vehicles



Backing  
incidents

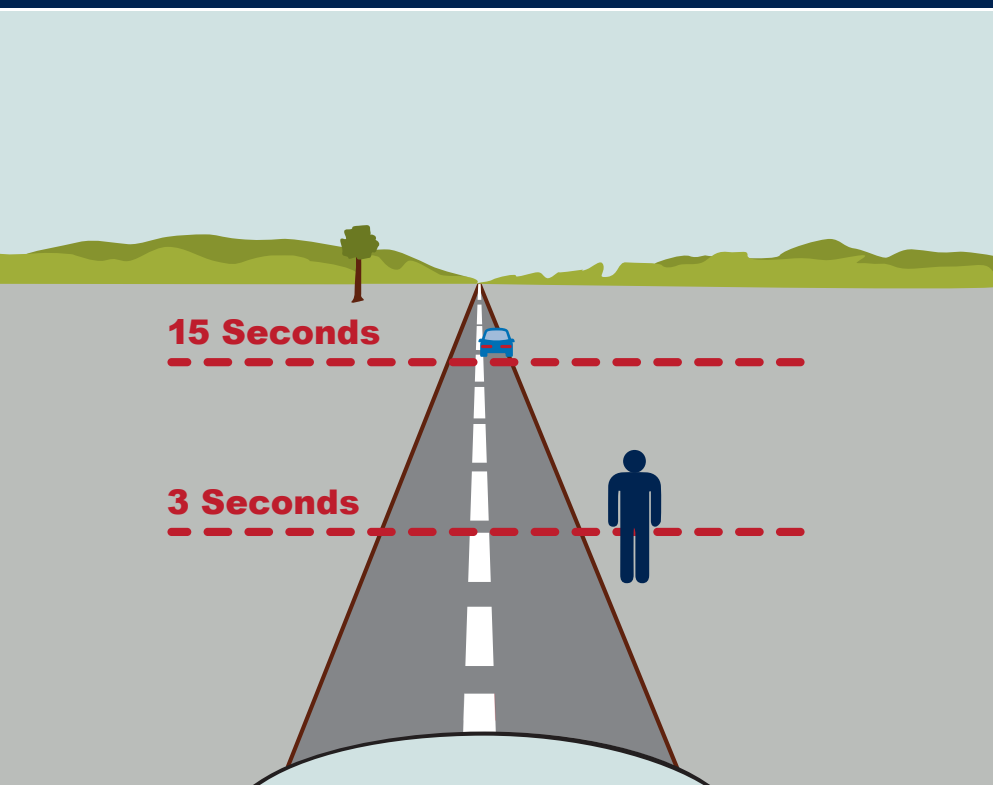
\*According to the U.S. Dept. of Labor, Occupational Safety and Health Administration.



## 3-Second Safety Cushion



Create a 3-second space between you and the vehicle in front of you.  
This will give you more time to react if it suddenly stops or swerves,  
plus you'll have a broader view of the road ahead.



## Aim high when steering

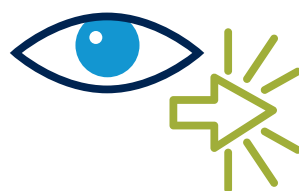
Don't forget to routinely look at objects in the distance, traffic you'll encounter in 15 seconds, as well as traffic directly in front of you that you'll encounter in the next 3 seconds.



**Keep your eyes moving**  
Using your peripheral and central vision together gives you advanced notice of objects around you.



**Implement a No Phone Call policy and never allow texting**  
**1/3** of preventable accidents are results of distracted driving.



**Communicate with other drivers**  
Use your turn signal, make eye contact, or even honk your horn, if necessary, to get their attention.



## Parking Procedures

Do a **360°** walk-around before you pull away



## Increase Visibility

Keep headlights on whenever the engine is on  
Reflective bumper decals can also add visibility



## Create a Filing System

Consider providing storage units for vehicles to keep important paperwork organized



## Be Accountable

Place a "How's my driving?" sticker on trucks with a phone number

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