

Safe Driving Rules Transportation

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 from OSHA.

Tool Box Tips

STAY SAFE

- Use a seat belt at all times—driver and passenger(s).
- Make sure you are well-rested before driving.
- Avoid taking medications that make you drowsy.
- Set a realistic goal for the number of miles that you can drive safely each day.
- Do not drive if you are impaired by alcohol or any drug.

STAY FOCUSED

- Avoid distractions such as adjusting the radio or other controls, eating or drinking and talking on the phone.
- Continually search the roadway to be alert to situations requiring quick action.
- Stop about every two hours for a break. Get out of the vehicle to stretch, take a walk and get refreshed.

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 by planning your route ahead of time, allowing plenty of travel time and avoiding crowded roadways and busy driving times.



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