

## Motor Vehicle Safety Talk

According to the National Highway Traffic Safety Administration, there were 5,615,000 car accidents in the United States in 2012. Motor vehicle crashes are the leading cause of workplace injuries according to the Bureau of Labor Statistics. In 2013, motor vehicle incidents contributed to 40% of all workplace fatalities.

Year after year, motor vehicle incidents are at the top of the list for cause of workplace fatalities. Off the job, they take tens of thousands of lives a year. Driving safely while off the job is just as important of driving safely while on the job. A serious car crash will affect your family emotionally as well as probably financially. Serious injuries sustained in a car crash will affect your ability to earn an income. Not only will your family be affected from a car crash off the job, but your company and coworkers will as well. Everyone has a role at work and when one person isn't healthy or misses work, the company loses a valuable piece to that puzzle.

## Safe Driving Tips

- **Do not engage in other activities while driving.** Activities such as using cellphones, eating, or even just reaching for an item takes your eyes and focus off the road. A large majority of accidents are caused by distracted drivers.
- Be a **defensive driver.** Always leave yourself an out when driving. Think about your next move if an accident was to happen in front of you or a car ran the next stop light. Thinking ahead and being proactive when driving can save your life.
- Always wear your seatbelt. According to the National Highway Traffic Safety Administration, seat belts reduce serious crash-related injuries and deaths by about half.
- Maintain a clean and well-kept vehicle. Dirty windows and dust can be distracting and make it hard to see while driving. Loose cargo such as empty water bottles, tools, PPE, and other items are not only a distraction, but they can also interfere with controls in the vehicle.

## Discussion points:

- How many people here have been involved in a car crash? Could it been avoided? How did it affect you or your family?
- How can we become better drivers both at work and outside of work?

ONE COMPANY – THREE CORE TRADES

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