

**MARCH 27, 2023**



# SAFETY MONDAY

## SAFETY WHILE BEHIND THE WHEEL

In 2021 nearly 43,000 Americans died on the roadways. Most of the common causes of fatalities are Drowsy Driving, Road Rage, not wearing a seatbelt, and driving an unsafe vehicle. Each of these items are preventable for you as a driver while behind the wheel of your vehicle.

Before you get behind the wheel, be sure to be well rested. Coffee or stimulants are not a substitute for sleep. If you are sleepy, you are 70% more likely to be involved in an accident vs a non-sleepy driver.

The top 3 road rage inducing actions are tail gating, distracted driving and getting cut off. If you are put in a situation with a road rage driver, pull over. Let them keep driving and put distance between your car and theirs. Seatbelts reduce the risk of death by 45% and cut the risk of serious injury by 50%. If you are not wearing your seatbelt you are 30 times more likely to be thrown from a vehicle from a collision. All new vehicles have alerts to remind you to buckle up. Don't deactivate the alert.

Finally the most dangerous thing you can do is drive a vehicle that is unsafe to be on the road. Every day commercial drivers are required to inspect the vehicle. Do you check every item every day? Do you drive it if something is broken? Properly inspecting and repairing the vehicle is key to your safety behind the wheel.

## WORK SMART! WORK SAFE!

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