Driver Safety Topic



This section addresses general driver safety in motor vehicles including avoidable accidents and distracted driving.

In the United States, motor vehicle accidents are the number one cause of death among all workers. Distracted driving and defensive driving are two ways a driver can make significant changes in driving habits. Distracted driving is defined as any non-driving activity a driver engages in that has the potential to distract them from the primary act of driving and increases the risk of crashing. While defensive driving is "…driving to save lives, time, and money, in spite of the conditions around you and the actions of others…" as defined by the National Safety Council.

10 Ways to Drive Defensively and Avoid Accidents

- Avoid the fast lane, the center lane(s) allow more escape options should a problem arise
- Keep your eyes scanning the area at least 3 car lengths ahead
- Beware of your vehicle's blind spots.
- Maintain control of the wheel by sitting at a proper distance (arm's length) from the wheel
- Place your hands at 9 and 3
- Steer clear of vehicles noticeably having a difficult time staying center in the lane
- Be familiar with your particular vehicle (i.e. breaking time)
- Keep the vehicle in good running condition
- Avoid driving at late night or…