



安全驾驶

life  beats

lyondellbasell

# 安全驾驶

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A driver's mind and body in combination with the vehicle work together as a system. This presentation outlines simple steps that anyone can take to ensure every component of that system is well cared for and that drivers are at their best behind the wheel.

驾驶是司机的精力，身体与车辆相结合，作为一个系统在一起工作。此演示文稿概述简单步骤使任何人都能确保照顾好系统的每一个部分。确保方向盘后面是处于最佳状态的司机。

This is a holistic approach to safe driving that highlights how being at your physical and mental best—along with the “health” of your vehicle—are all connected in making us safer drivers.

这是一个很全面的安全驾驶的方法，强调身体和精力的最佳状态，结合“健康”的车辆-所有的东西联系在一起保证我们驾驶的**安全**。

**Prepare your Mind, Body and Vehicle for a Safe Drive.**

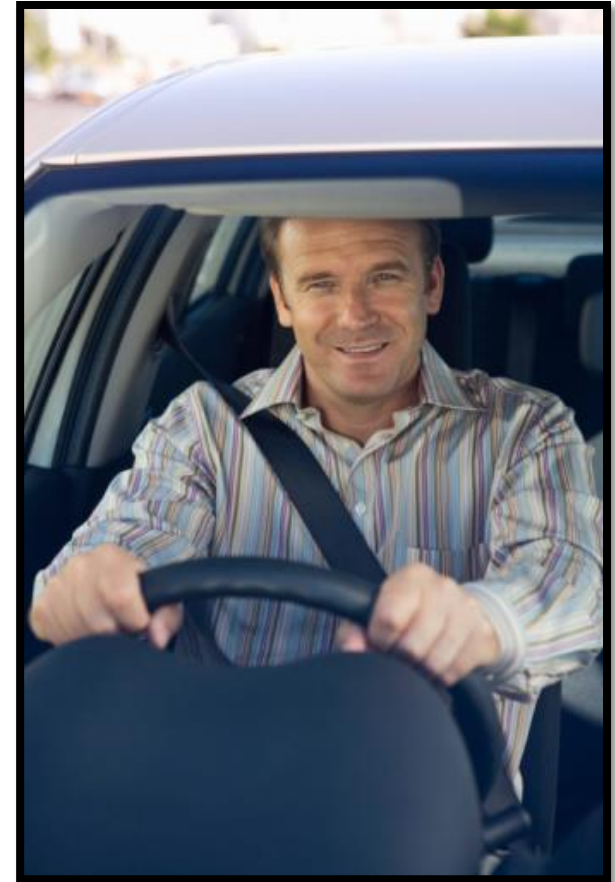
为了驾驶安全请准备好你的精力，身体和车辆

# 避免方向盘后的（带病出勤）

**Presenteeism:** When employees show up for work even if they are too sick, stressed, or distracted to be productive. Are you guilty of the same thing behind the wheel?

带病出勤：当你在病情较重，感到压抑&心烦意乱时驾驶汽车，你有没有负罪感？

- Be present and engaged behind the wheel by:
  - 驾驶时要注意到以下几点：
    - Minimizing distractions.  
不要分心。
    - Being alert and clear-headed.  
保持警觉和清醒
    - Frequently scanning your mirrors  
多看看后视镜
    - Scanning ahead.  
多看看前面
    - Watching your speed.  
关注车速
    - Taking time to recharge.  
留下充电（加油）的时间
- Other helpful strategies include:
  - 其他有效的策略：
    - Eat breakfast – Your body needs fuel.  
吃早饭-身体需要“燃料”
    - Drink water – We think more clearly when hydrated.  
喝水-可以让思维更清晰
    - Sleep well – Drowsy driving is dangerous.  
好的睡眠-昏昏欲睡驾驶是非常危险的
    - Plan ahead – Being prepared reduces stress.  
计划在前-准备充足可以将低压抑感。



# 方向盘后的视力

Nearly all of the sensory input needed to drive comes from **visual cues**. If your vision is impaired, so is your ability to drive safely.

几乎驾驶需要的所有信息都来自于视觉系统。如果你的视力受损，**安全驾驶是你能力范围内的事情吗？**

There are many facets to your driving vision.

驾驶视野分为好几个方面：

- Distance vision – You need to see ahead clearly.  
视距-前方必须看的非常清楚。
- Field of vision – Peripheral vision is important.  
视野-周围的视野非常重要。
- Accommodation – The ability to adjust focus quickly helps you to monitor the road and your dash.  
适应性调节：快速调节对焦的功能可以帮助您监控路面情况和集中注意力。
- Night vision – You need to be able to see in low and variable lighting.  
夜视-你必须具有在灯光较暗和变化比较大时的视觉能力
- Color vision – Traffic lights and signs convey key information.  
色觉 - 交通灯和交通标志传达的关键信息。
- Depth perception – Perceiving distance is key to safe driving.  
深度感觉 - 感知距离是安全驾驶的关键，



# 方向盘后的视力

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Even if you have perfect vision, environmental conditions can affect the ability to see clearly.

即使你有完美的视觉，环境状况也会影响到是否能看清楚

**Glare from the sun – Wear sunglasses.**

刺眼的太阳 - 戴太阳镜

- **Clean your windows – Dirty windows compound glare and impair vision.**

清洁您的车窗 - 肮脏的窗户会产生复合眩光并损害视力。

- **Night driving – Slow down and avoid looking directly at street lights and oncoming headlights.**

夜间驾驶 - 慢下来，避免直视路灯和迎面而来的车灯

- **Rain and snow – Slow down and be prepared for amplified glare and low visibility.**

雨雪天气 - 慢下来，做好防止眩光和低能见度的准备。

- **Age not only affects reaction time, it can affect your vision.**

年龄不仅影响反应时间，也会影响您的视力。

- **Get regular eye exams and follow the doctor's recommendations.**

- 定期的眼科检查，并遵守医生的建议。

- **Is it time to talk to a loved one about their ability to drive? Be honest, respectful and offer practical alternatives.**

是时候与你所爱的人聊聊他（她）们驾驶能力？要诚实，尊重，并提供实用可选择的方法。

# 把你的身体作为驾驶机器的一部分

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Just as important as keeping your vehicle well maintained, you need to **keep your body fueled, well-oiled and energized** so you're ready to handle the challenges of safe driving.

- 好的身体的状态的维持就跟你保养好的车辆一样重要。“燃料充分，润滑良好，充满能量”准备好处理安全驾驶的挑战
- **Mind Your body clock** – Avoid scheduling driving when you might be less focused or drowsy.
- 留心好自己的生物钟-避免在你精力不集中昏昏欲睡的时候驾驶
- **Fuel up** – Choose foods with a low glycemic index to keep your energy at a steady level.
- 加满燃料 - 选择低糖食物，以保持你的能量在一个稳定的水平。
- **Get energized** – Exercise and vary activities to keep your body and mind fresh.
- 精力充沛-运动与多样化的活动，让你的身体和头脑保持清新。
- **Stay “well-oiled”** – Stretching keeps you limber and improves your reaction time.  
保持“良好润滑” – 经常做伸展运动可以让你筋骨活络，提高你的反应时间

# 集中注意力：不要做一个分心的驾驶员

**Minimizing distractions.** Resist activities unrelated to driving that take your eyes or mind off of the road. These types of distractions include:

最大限度地减少干扰。抵制无关驾驶的让你的眼睛或心思离开道路的干扰活动。这些干扰活动包括：

- Texting
- 发短信
- Using a cell phone or smartphone
- 使用手机或智能电话
- Eating and drinking
- 饮食
- Grooming
- 美容
- Reading, including maps
- 阅读，包括看地图
- Using a navigation system
- 调节导航系统



**Do you have children that drive?** Do they text a lot? Have you had a discussion with them about the importance of not being distracted while driving?

您的孩子是驾驶员吗？他们发短信很多吗？你有没有同他们进行讨论过驾驶时分心的重要性？

**Don't forget to look in the mirror as well.** Are you as focused as you should be when driving? Do you engage in some of the distracting activities listed above? Are you setting the right example for others?

不要忘记反省一下自己。开车的时候你集中注意力了吗？你有上面列出的一些分散注意力的动作吗？您是否为别人树立了一个好的榜样？

# 保养好您的车辆

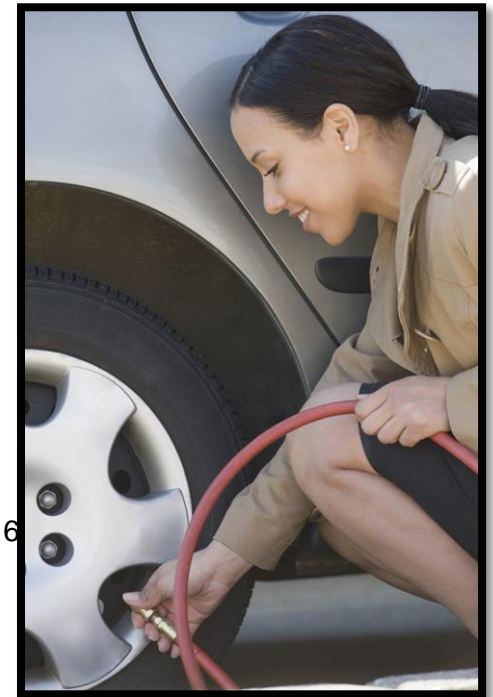
Your only physical connection to the road is your tires. If a tire issue arises while driving, the window of time for **avoiding a crash** is very small. Develop a habit of maintaining **proper tire pressure** along with regular inspection of **tire tread depth** and **rubber condition** to prevent having a tire problem to begin with.

与道路唯一物理接触的就是车的轮胎。如果在驾驶时的轮胎出现问题了，留下来避免碰撞时间的窗口非常小。养成经常检查轮胎花纹深度和橡胶状况，轮胎压力的习惯，以防止轮胎有问题。

## Tips for maintaining your tires:

### 维护轮胎小贴士

- Purchase a quality tire pressure gauge – Accurate tire pressure measurement is key to tire maintenance.
- 购买优质轮胎压力计 - 精确的轮胎压力测量是轮胎保养的关键。
- Check tire pressure monthly
- 每月检查轮胎压力
- Know your recommended tire pressure – This is typically found on a sticker inside the driver's door, not on the tire.
- 知道你的轮胎建议气压 - 这通常标注在驾驶员车门内侧的标签上，而不是在轮胎上。
- Recommended tire pressure is based on cold tires
- 推荐的轮胎气压是根据冷胎
- Rotate tires every 5,000 to 8,000 miles or 8,000 to 13,000 km  
每5000至8000英里或8,000至13000公里旋交换一下轮胎。
- Check tread depth on tires – Replace your tires if your tread depth is less than 1/16 inch or 0.16 cm.
- 检查轮胎花纹深度 - 如果你的花纹深度小于1/16英寸或0.16厘米更换轮胎。





# 照顾好你的车辆

**BRAKES are Important** - The life of your brake's key components, pads and rotors, varies depending on how and where a vehicle is driven, so have them inspected at regular intervals according to your vehicle's maintenance schedule. In between inspections, be in tune with your vehicle so you'll know if something's amiss.

- 刹车是非常重要的- 刹车的关键部件，衬垫和转子的使用寿命取决于怎样驾驶和在何处驾驶，所以让需要根据车辆的维护计划定期检查。在检查期间，如果发现什么地方不对劲就要去调整。
- Fortunately, brake issues can often be detected before they become too serious, if you know some of the warning signs.
- 幸运的是，如果你知道一些警示征兆。制动问题往往可以在变成严重之前被发现。
  - Squeaking and squealing or grinding noises
  - 啸叫和刺耳的摩擦噪音
  - Longer braking distances
  - 更长的刹车距离
  - Burning smell
  - 焦味
  - Brake pedal is hard to depress
  - 制动踏板难以控制
  - Vibration or pulling to one side
  - 振动或偏向一侧
  - Leaking fluids
  - 液体泄漏



If you see, hear, feel or smell an issue with the brakes, be sure to get your vehicle in right away for a checkup.

如果你看到，听到，触摸到或闻到刹车问题，一定让你的车辆马上做一次检查。

# 照顾好你的车辆

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Whether you inspect your vehicle yourself or you take it to a garage, you should have at least look at the following items to ensure it stays in top working condition.

无论你自己检查你的车辆或者你把它开的维修厂检测，你应该至少看看下面的项目，以确保它保持在最佳工作状态。

- Tire Pressure胎压
- Tire Wear轮胎磨损
- Oil Level / Condition油位/环境
- Air Filter空气过滤器
- Windshield Fluid玻璃水
- Windshield Wipers玻璃雨刷器
- Transmission Fluid变速箱油
- Antifreeze Level防冻液液位
- Belts Loose/Condition皮带松紧度/条件
- Hoses软管
- Brake Fluid刹车油
- Lights灯
- Battery电池
- Extra Equipment:额外的装备:
  - Spare Tire备胎
  - Jack千斤顶
  - Blankets (for cold weather)毯子（寒冷的天气）
  - Flares or Reflective Triangles反光路障或反光三角
  - Flashlight手电筒
  - Jumper Cables & Safety Glasses跳线电缆和安全眼镜

# 紧急计划

Sometimes breakdowns happen. To reduce your stress and ensure a more successful outcome in this event, be prepared.  
有时故障会发生。为了减少你的压力，确保本次活动有一个成功的结果，有备无患。

- Flat tires are one of the most common emergencies.
- 轮胎没气是最常见的突发事件之一。
  - Make sure your spare tire is inflated and your jack works.
  - 请确保您的备用轮胎充气，和你的千斤顶能正常工作。
  - Will you change it yourself or call for assistance?
  - 你会自己更换吗？或致电寻求帮助？
  - If you will change the tire, do you know how and do you have the right safety equipment?
  - 如果你自己换胎，你知道如何做吗？有合适的的安全设备吗？
  - If you will call for help, do you have the number?
  - 如果你打电话求救，你知道号码吗？
  - Your spare is usually not designed for long distances. Plan accordingly.
  - 你的业余时间通常不是为长途旅行而定的。要长途旅行就要做好相应的计划
- Prepare for all breakdown possibilities.
- 准备所有故障的可能性。
  - Be aware of your surroundings. Pull over in a safe location.
  - 请注意您的周围环境，停靠在安全的位置。
  - Have an emergency number to call.
  - 有紧急情况要拨打的号码。
  - How will you make yourself visible? Flares, reflective triangle, etc.
  - 您将如何让自己可见？反光路障，反光三角等
  - If you are traveling long distances or in inclement weather, do you have supplies such as water and blankets?
  - 如果你是长途旅行，或在恶劣天气下，你有如水和毯子等给养吗？



# 所有的东西都是相关联的

Your **mind** will stay better focused on your driving if your **body** is properly fit to a clean, organized **vehicle** with a clear field of vision.

如果你的身体合适并且有个干净的，井井有条车辆视野非常清晰。你的精力会更好地专注于你的驾驶



- **Secure passengers and cargo** – Ensure all passengers, including pets are securely buckled in in the appropriate seats for their size and weight. Store bulky items in the trunk or secure them with straps.

保证乘客和货物安全 - 确保所有乘客，包括宠物牢固地扣在适当适合他们的尺寸和重量的座位上。大件物品放在后备箱或用带子固定住。

- **Clear the clutter** – To avoid frustration and distraction, keep the interior of you car clutter-free. 清除杂乱 - 为了避免挫折和被干扰，保持你的汽车内饰整洁。

- **Get the right fit to your vehicle** – Adjust your seat so your posture is upright, you can reach the pedals and wheel without being too close and your head and back are supported.

得到正确的适合你的车 - 调整你的座椅使你的姿势是抬头挺胸，找到踏板和控制方向盘最舒服的位置（不要太近），你的头部和背部都得到支撑。

- **Minimize the blind spots** – Once your seat is adjusted, position all mirrors so that there are minimal blind spots.

最大限度地减少盲点 - 一旦你的座位调整，调整所有镜子的位置，以便盲点最小化。

## 旅行愉快!

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Now that your Mind, Body and Vehicle are prepared for the drive, have a safe trip and always remember to Check Signals!

现在你的精力，身体和车辆都已经做好了准备，来一个安全的旅行，永远记得检查信号！

# Check Signals pre-task analysis



**WHAT COULD GO WRONG?**

**WHAT PRECAUTIONS SHOULD I TAKE?**

**CAN I DO THE JOB SAFELY?**

## Focus - Start to Finish

- ❖ Presentation content provided by The Network of Employers for Traffic Safety (NETS) through the Drive Safely Work Week 2013 campaign toolkit and is also available in Spanish. [www.trafficsafety.org](http://www.trafficsafety.org)