



Commuting Safely

通勤安全

life  beats

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GoalZERO Commuting通勤零事故

What is GoalZERO Commuting?

什么是通勤零事故

GoalZERO Commuting is the practice of taking the necessary safety precautions before, during, and after each trip. This presentation will highlight the most common contributing factors associated with traffic, train, bicycle and pedestrian accidents.

GoalZERO

通勤零事故是在每次行程前，行程中及行程后采取必要的安全防护措施。每个行程之后。本演示将突出交通，火车，自行车和行人的事故相关的最常见的因素。

Driving to Work开车上班

Driving to work each morning is something that most of us take for granted. According to The Texas Department of Transportation, there were 3,534 traffic fatalities in 2014. Those statistics equated to more than ten vehicle accident-related fatalities per day.

每天早晨开车上班，我们大多数人认为很正常的事情。据得克萨斯交通的数据，在2014年发生3534交通死亡事故。等同于每天十几例死亡事故。

The two leading causes cited as contributing factors in these accidents were; **Driver Inattention** and **Fatigue**. These two elements could become a nonfactor, if drivers adopted a “GoalZERO” approach towards driving.

两个主要原因导致了这些事故;驾驶员注意力不集中和疲劳驾驶。如果司机对驾驶采取零事故的态度。这两个因素可能会被消灭。

Source:

Texas Department of Transportation (2015) – Crash Statistics. <http://ftp.dot.state.tx.us/pub/txdot/trf/crash-statistics/2014/a.pdf>

Driver Inattention 驾驶员注意点

*Avoid activities that may distract your attention from
the roadway*

避免将你的注意力从路上引开



Fatigue 疲劳



- **Get adequate rest the night before work**
上班之前晚上要有充足的睡眠



- **Do not substitute caffeine or other stimulants for sleep**
不要用咖啡因或其他兴奋剂代替睡眠



- **Avoid driving while fatigued or drowsy**
避免疲劳时或昏昏欲睡时驾车

The Perfect Picture of GoalZERO Driving! 驾车的最佳姿势

Think GoalZERO Driving everyday!
每天想零事故驾车

Eyes on the Road
目光集中在路上



Hands on the Wheel
手放在方向盘上

Seatbelt Secured*
系好安全带

Plenty of Time
有足够的时间

*Passengers should always secure their seatbelt, even when using public transportation and taxis.

乘客一定要系安全带，不管是在公共汽车上还是在出租车上

Taking the Train 乘火车



Stay Alert 保持警觉

- Trains can come from either direction at any time and can be very quiet. Around train tracks or in stations, obey all warning signs and signals and use caution when using headsets or cell phones.
- 在任何时间火车可以来自任何方向，也可能很安静。各地的火车轨道或站，遵守所有警示标志和信号，使用耳机或手机时谨慎使用。

Watch the Overhang 向上看

- Trains are wider than the tracks; never sit on the edge of a station platform.
- 列车比轨道宽;永远不要坐在站台的边缘。

Stand Away from the Platform Edge 离开站台的边缘

- Pay attention to painted or raised markings at the platform edge, and stay at least three feet (1 meter) from the train while it is coming in or out of the station.
- 要注意在平台的边缘涂装的或凸起标记，在火车进出站距离火车至少3英尺（1米）。

When on Board, Hold On 到站时要抓紧

- Hold on tight to poles or seats, and listen carefully to directions from the train operator or conductor.
- 紧紧握杆或座椅，并认真听取了列车司机或售票员的提示。

Watch Your Step 小心台阶

- Be careful getting on and off the train - there may be a gap between the train and platform or steps.
- 小心上下车，有可能是火车和平台或踏步之间有差距。

Don't Take Shortcuts With Your Life 不要冒着生命安全操近路

- Follow directional signs and markings that let you know where it is safe to cross the tracks. Crossing the tracks anywhere else is dangerous and illegal.
- 按照指示标志和标线，让你知道穿越铁轨是安全的。其他地方穿越铁轨是危险和非法的。

Riding the Bus 乘公共汽车

When you're waiting for a bus... 当你在等一辆公交车...

- Don't stand on the street or in front of a bus - the driver may not see you or be able to stop in time.
- 不要站在大街上或在公交车前面 - 司机可能看不到你或者不能够及时制动。
- Remember: Buses stop for customers standing at bus stops - you do not need to wave at the bus operator to have them stop.
- 请记住: 公交车站, 为客户设公交站台 - 你不必再招手公交运营商, 让他们停下来。
- As a bus approaches, be sure you are standing away from the street - and never, ever try to board a moving bus.
- 作为一名公交车的乘员, 确保远离街上 - 而且从来不要试图登上移动的车辆。

When on the bus... 在公交车上时

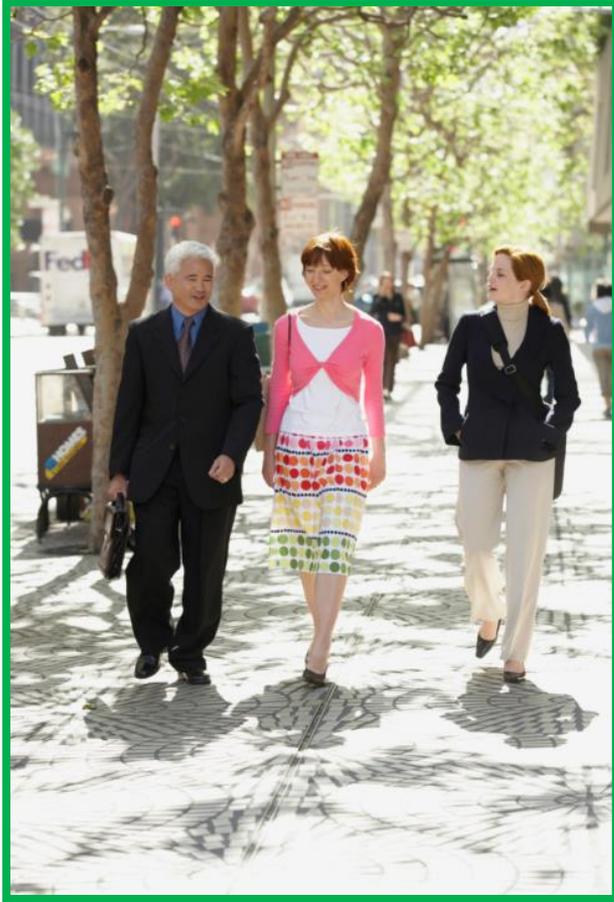
- Have your ticket or fare handy. 你有票吗?
- Sit down promptly or hold on tightly if standing; remember to give up your seat for the disabled and elderly. 座好, 如果是站着的就请站好, 记得给年长者或残疾人让座
- If another passenger is causing you problems, move to the front. 如果有人骚扰你就移到前面去

When you're in a car... 在小轿车上时

- Be careful when passing a stopped bus - passengers may be exiting and crossing the street. 经过一个公交站台时请小心, 乘客有可能横穿马路
- Always obey all traffic signs and signals; drive carefully when sharing the road with a bus. 请遵守所有的交通标志和信号与公交车共享马路时请; 小心驾驶。
- Remember: buses can't stop as quickly as you can. 记得: 公交车没你想象的停的那么快



Walking 步行



Be Safe and Be Seen: Make yourself visible to drivers

- Wear bright/light colored clothing and reflective materials and cross the street in a well-lit area. 过马路时尽量穿明亮的/浅色的和可反光的衣服。
- Stand clear of buses, hedges, parked cars, or other obstacles before crossing so drivers can see you. 过马路之前远离公交车，篱笆，或小汽车让司机能看到你

Be Smart and Alert: Avoid dangerous behaviors

理智和警觉：避免危险行为

- Always walk on the sidewalk. If there is no sidewalk, walk facing traffic. 始终走在人行道上。如果没有人行道，步行注意车辆。
- Don't assume vehicles will stop. Make eye contact with drivers, don't just look at the vehicle. 不要自以为车辆将停止。请与司机的目光接触，不只是看车。
- Don't rely solely on pedestrian signals. Look before you cross the road 不要仅仅依靠行人信号。过马路之前多看看。 .
- Be alert to engine noise or backup lights on cars when in parking lots and near on-street parking spaces. 在停车场或附近的路边有停车位时对汽车发动机的噪音或备用灯保持警惕

Be Careful at Crossings: Look before you step

要小心叉口：走一步之前看一下

- Cross streets at marked crosswalks or intersections, if possible. 如果可能的话 尽量走有斑马线或者是与马路公共交通隔离的地方。
- Obey traffic signals such as WALK/DON'T WALK signs. 遵守交通信号，如走/不走的信号。
- Look both ways before crossing a street and watch for turning vehicles. 过马路之前两边看，注意转弯车辆。
- Look across ALL lanes you must cross and visually clear each lane before proceeding. 在继续之前看清所有的车道
- Don't wear headphones or talk on a cell phone while crossing. 过路时不要戴耳机或打电话。

Safe Cycling 骑行安全

If designated bicycle lanes are available, use them. That is the safest place to ride. 如果有指定的自行车道可用，使用它们。这是骑行最安全的地方。

- Wear a helmet. 戴上头盔
- Make your bike and yourself visible; wear bright and/or reflective clothing. Use a bell or horn at intersections and in traffic. 让你的自行车，自己可见;穿鲜艳和/或反光的衣服。在十字路口和交通繁忙的地方使用铃或喇叭。
- Watch for pedestrians and motor vehicles. 注意行人和机动车辆

The below tips are specific to riding on roadways. 下面的提示是专门针对骑行。

- In most areas, if you are on the road, you are considered a “vehicle” and must obey the traffic rules; Stop at red lights and stop signs. 在大多数地区，如果你在路面上，你被认为是一个“车”，必须遵守交通规则;停在遇到红灯和停止标记时要停车。
- Be predictable by signaling your intentions, looking before changing lanes and riding in a straight line. 可以预见的信号显示你要通过你的意图，变道之前骑在一条直线上。
- Go with the traffic, not against it. 参与交通而不是为了唱反调
- Make sure you can hear approaching traffic; leave the earbuds at home. 请确保您可以听到驶近的车辆的声音;把耳塞放在家里。
- Pay attention to road conditions that could cause you to lose your balance or fall. 要注意路面情况，可能会导致你失去平衡或摔倒。
- Ride as if motorists can not see you! 骑行时尽量减小对驾驶者的影响 不要让驾驶者老是 感觉到你的存在!



For lessons on how to not get hit by a car, [click here](#).

Check Signals pre-task analysis



WHAT COULD GO WRONG?

WHAT PRECAUTIONS SHOULD I TAKE?

CAN I DO THE JOB SAFELY?

Focus - Start to Finish

What is your reason for a
safe commute?

