

A GoalZERO Commute



Part of the GoalZERO message is bringing safety into every aspect of our lives; this includes our time getting to and from work.

No matter where you live in the world, we all have to find a way to go to work. That usually includes a commute by:

- Automobiles
- Trains
- Bus
- Bicycles
- Walking

GoalZERO

Driving to Work

According to the *Global Status Report on Road Safety 2015*⁽¹⁾:

- Worldwide, there are 1.25 million road traffic deaths per year
- The newly adopted *2030 Agenda for Sustainable Development* aims to cut this number in half by 2020
- Driving accidents is the main cause of death in those aged 15-29 years worldwide
- 50 million people incur non-fatal injuries each year in road traffic crashes
- Distracted driving is a major contributor to these statistics



(1) World Health Organization, 2017

The Perfect Picture of GoalZERO Driving!



Eyes on the Road



Hands on the Wheel

Seatbelt Secured*

Plenty of Time

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



Stay Alert

- 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.

Stand Away from the Platform Edge

- 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.

When on Board, Hold On

- Hold on tight to poles or seats, and listen carefully to directions from the train operator or conductor.

Watch Your Step

- Be careful getting on and off the train - there may be a gap between the train and platform or steps.

Don't Take Shortcuts With Your Life

- 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.

Commuting by Bus

When you're waiting for a bus...

- 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.
- Remember: Buses stop for customers standing at bus stops - you do not need to wave at the bus operator to have them stop.
- As a bus approaches, be sure you are standing away from the street - and never, ever try to board a moving bus.

When on the bus...

- Have your ticket or fare handy.
- Sit down promptly or hold on tightly if standing; remember to give up your seat for the disabled and elderly.
- If another passenger is causing you problems, move to the front.

When you are in a car...

- Be careful when passing a stopped bus
- Always watch for passengers exiting a bus
- Always obey all traffic signs and signals
- Remember: buses can stop quickly and frequently



Cycling to Work

**If designated bicycle lanes are available, use them.
That is the safest place to ride.**

- Wear a helmet.
- Make your bike and yourself visible; wear bright and/or reflective clothing. Use a bell or horn at intersections and in traffic.
- Watch for pedestrians and motor vehicles.

The below tips are specific to riding on roadways.

- 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.
- Be predictable by signaling your intentions, looking before changing lanes and riding in a straight line.
- Go with the traffic, not against it.
- Make sure you can hear approaching traffic; leave the earbuds home.
- Pay attention to road conditions that could cause you to lose your balance or fall.



Walking to Work

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.
- Stand clear of buses, hedges, parked cars, or other obstacles before crossing so drivers can see you.

Be Smart and Alert: Avoid dangerous behaviors

- Always walk on the sidewalk. If there is no sidewalk, walk facing traffic.
- Don't assume vehicles will stop. Make eye contact with drivers, don't just look at the vehicle.
- Don't rely solely on pedestrian signals. Look before you cross the road.
- Be alert to engine noise or backup lights on cars when in parking lots and near on-street parking spaces.

Be Careful at Crossings: Look before you step

- Cross streets at marked crosswalks or intersections, if possible.
- Obey traffic signals such as WALK/DON'T WALK signs.
- Look both ways before crossing a street and watch for turning vehicles.
- Look across ALL lanes you must cross and visually clear each lane before proceeding.
- Don't wear headphones or talk on a cell phone while crossing.



Check Signals

pre-task analysis



WHAT COULD GO WRONG?

WHAT PRECAUTIONS SHOULD I TAKE?

CAN I DO THE JOB SAFELY?

Focus - Start to Finish