



Driving Safety

life  beats

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Driving Safety

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.

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.

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

Avoiding “Presenteeism” Behind the Wheel

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?

- Be present and engaged behind the wheel by:
 - Minimizing distractions.
 - Being alert and clear-headed.
 - Frequently scanning your mirrors.
 - Scanning ahead.
 - Watching your speed.
 - Taking time to recharge.
- Other helpful strategies include:
 - Eat breakfast – Your body needs fuel.
 - Drink water – We think more clearly when hydrated.
 - Sleep well – Drowsy driving is dangerous.
 - Plan ahead – Being prepared reduces stress.



Vision Behind the Wheel

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.

There are many facets to your driving vision.

- Distance vision – You need to see ahead clearly.
- Field of vision – Peripheral vision is important.
- Accommodation – The ability to adjust focus quickly helps you to monitor the road and your dash.
- Night vision – You need to be able to see in low and variable lighting.
- Color vision – Traffic lights and signs convey key information.
- Depth perception – Perceiving distance is key to safe driving.



Vision Behind the Wheel

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

- Glare from the sun – Wear sunglasses.
- Clean your windows – Dirty windows compound glare and impair vision.
- Night driving – Slow down and avoid looking directly at street lights and oncoming headlights.
- Rain and snow – Slow down and be prepared for amplified glare and low visibility.

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

- Get regular eye exams and follow the doctor's recommendations.
- Is it time to talk to a loved one about their ability to drive? Be honest, respectful and offer practical alternatives.

Your Body as Part of the Driving Machine

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.

- **Mind Your body clock** – Avoid scheduling driving when you might be less focused or drowsy.
- **Fuel up** – Choose foods with a low glycemic index to keep your energy at a steady level.
- **Get energized** – Exercise and vary activities to keep your body and mind fresh.
- **Stay “well-oiled”** – Stretching keeps you limber and improves your reaction time.

Maintain Your Focus: Don't be a Distracted Driver

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

- Texting
- Using a cell phone or smartphone
- Eating and drinking
- Grooming
- Reading, including maps
- Using a navigation system



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?

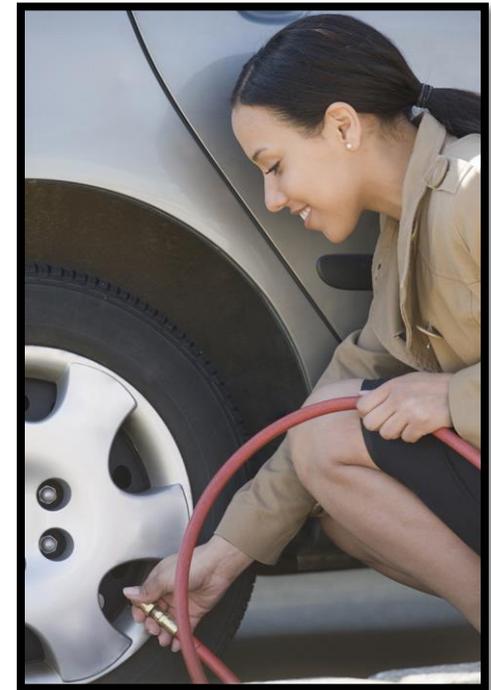
Don't forget to look in the mirror as well. Are you as focused as you should be when driving? Do you engage in some of the distracting activities listed above? Are you setting the right example for others?

Taking Care of Your Vehicle

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.

Tips for maintaining your tires:

- Purchase a quality tire pressure gauge – Accurate tire pressure measurement is key to tire maintenance.
- Check tire pressure monthly
- Know your recommended tire pressure – This is typically found on a sticker inside the driver's door, not on the tire.
- Recommended tire pressure is based on cold tires
- Rotate tires every 5,000 to 8,000 miles or 8,000 to 13,000 km
- Check tread depth on tires – Replace your tires if your tread depth is less than 1/16 inch or 0.16 cm.



Taking Care of Your Vehicle

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.

- Fortunately, brake issues can often be detected before they become too serious, if you know some of the warning signs.
 - Squeaking and squealing or grinding noises
 - Longer braking distances
 - Burning smell
 - Brake pedal is hard to depress
 - Vibration or pulling to one side
 - Leaking fluids



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

Taking Care of Your Vehicle

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.

- Tire Pressure
- Tire Wear
- Oil Level / Condition
- Air Filter
- Windshield Fluid
- Windshield Wipers
- Transmission Fluid
- Antifreeze Level
- Belts Loose/Condition
- Hoses
- Brake Fluid
- Lights
- Battery
- Extra Equipment:
 - Spare Tire
 - Jack
 - Blankets (for cold weather)
 - Flares or Reflective Triangles
 - Flashlight
 - Jumper Cables & Safety Glasses

Emergency Planning

Sometimes breakdowns happen. To reduce your stress and ensure a more successful outcome in this event, be prepared.

- Flat tires are one of the most common emergencies.
 - Make sure your spare tire is inflated and your jack works.
 - Will you change it yourself or call for assistance?
 - If you will change the tire, do you know how and do you have the right safety equipment?
 - If you will call for help, do you have the number?
 - Your spare is usually not designed for long distances. Plan accordingly.
- Prepare for all breakdown possibilities.
 - Be aware of your surroundings. Pull over in a safe location.
 - Have an emergency number to call.
 - How will you make yourself visible? Flares, reflective triangle, etc.
 - If you are traveling long distances or in inclement weather, do you have supplies such as water and blankets?



It's All Connected

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.



- **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.
- **Clear the clutter** – To avoid frustration and distraction, keep the interior of you car clutter-free.
- **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.
- **Minimize the blind spots** – Once your seat is adjusted, position all mirrors so that there are minimal blind spots.

Happy Travels!

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

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