



Commuting Safely

life  beats

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What is GoalZERO Commuting?

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.

Driving to Work

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.

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.

Source:

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

Driver Inattention

Avoid activities that may distract your attention from the roadway



Fatigue



- **Get adequate rest the night before work**



- **Do not substitute caffeine or other stimulants for sleep**



- **Avoid driving while fatigued or drowsy**

The Perfect Picture of GoalZERO Driving!

Think GoalZERO Driving everyday!

Eyes on the Road

Hands on the Wheel

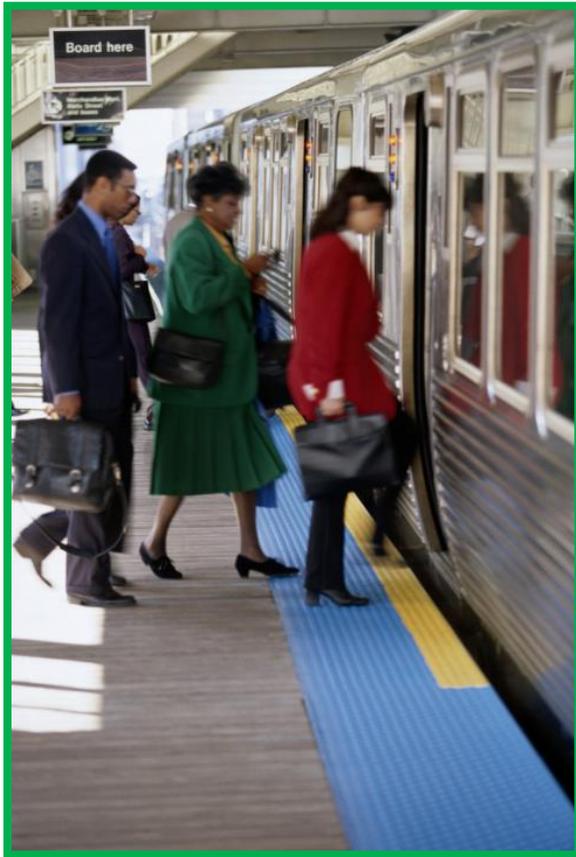
Seatbelt Secured*

Plenty of Time



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

Taking the Train



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.

Watch the Overhang

- Trains are wider than the tracks; never sit on the edge of a station platform.

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.

Riding the 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...

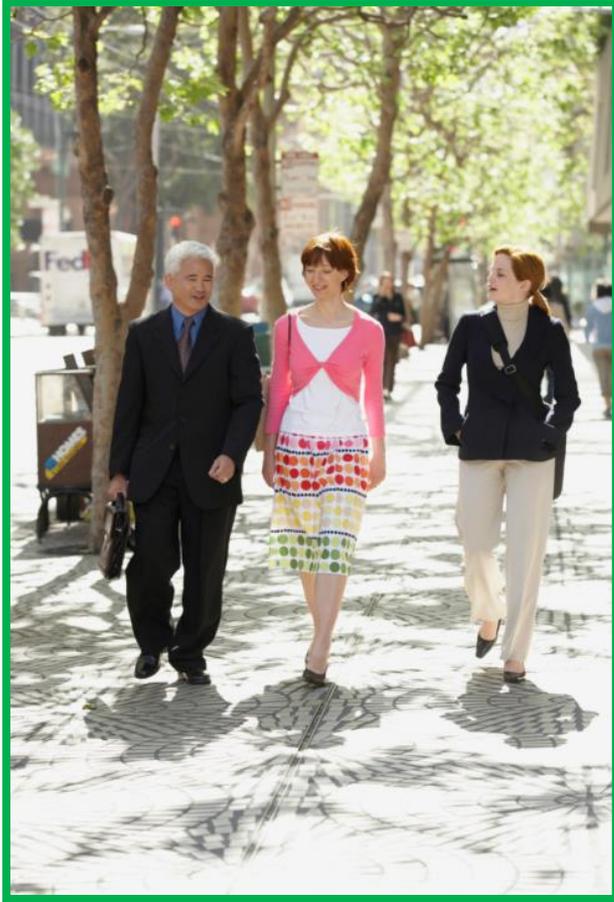
- Have your ticket or fare handy.
- Sit down promptly or hold on tightly if standing; remember to give up your seat for the disabled and elderly.
- If another passenger is causing you problems, move to the front.

When you're in a car...

- Be careful when passing a stopped bus - passengers may be exiting and crossing the street.
- Always obey all traffic signs and signals; drive carefully when sharing the road with a bus.
- Remember: buses can't stop as quickly as you can.



Walking



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.

Safe Cycling

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 at home.
- Pay attention to road conditions that could cause you to lose your balance or fall.
- Ride as if motorists can not see you!



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?

