



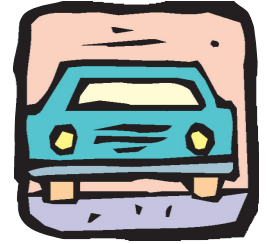
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# Safe Driving

A 5-Minute Safety Training Aid

This publication is an overview on safe driving tips for employers and employees who drive for a living:

- Always wear your seat belt. Wearing seat belts can increase your chance of survival in an accident. If your passengers are children, place them in car safety seats, which have been installed correctly.
- Don't drink and drive. Each year 23,000 people die in drinking and driving related accidents. Drinking alcoholic beverages impairs a driver's judgment, vision, and reaction.
- Don't drive if you are tired. The National Highway Traffic Safety Administration estimates that driver drowsiness and fatigue causes 100,000 accidents each year.
- Maintain your vehicle in good condition, always checking that the tires, brakes, headlights, taillights, and turn signals are working properly.
- Obey the speed limit and maintain a safe driving distance between you and the car in front of you, especially when driving in bad weather conditions and darkness.
- Drive defensively and stay aware of the drivers around you. If another driver is driving aggressively or experiencing road rage stay away from them, even if you have to pull off the road.
- Be careful at intersections. Over 2/3 of all traffic injuries occur at intersections so be alert when you approach one.



- When using a cell phone while driving, pull off the road in a safe and legal place or limit your calls to emergencies. Cell phone users who drive while talking have a 34 to 200 percent higher risk of a collision than drivers who do not talk on cell phones and drive.
- If your vehicle has an Anti-Lock Braking System (ABS) and you must brake because of an obstacle, be sure to press the brake pedal and hold, and gently steer around the obstacle.
- Be extra careful when driving in highway and road construction areas. Each year in Texas approximately 100 people, the majority motorists, are killed in highway and road construction areas.

The Texas Department of Insurance, Division of Workers' Compensation has a number of publications on safe driving:

- Defensive Driving/Conduciendo a la Defensiva
- Defensive Driving/Manejar a la Defensiva (Take 5 for Safety)
- Driver Fatigue and Road Trance (Take 5 for Safety)
- Driving Distractions Factsheet
- Driving in the Cone Zone/Manejando en la Zona de Conos (Take 5 for Safety)

You may visit the TDI website at [www.tdi.state.tx.us](http://www.tdi.state.tx.us) or contact the TDI Resource Center at 1-800-687-7080 for more information for more information.

Remember to practice safety. Don't learn it by accident.

The Texas Department of Insurance,  
Division of Workers' Compensation (TDI/DWC)  
E-mail [resourcecenter@tdi.state.tx.us](mailto:resourcecenter@tdi.state.tx.us)  
or call 1-800-687-7080 for more information.

*Safety Violations Hotline*  
**1-800-452-9595**  
[safetyhotline@tdi.state.tx.us](mailto:safetyhotline@tdi.state.tx.us)