



# MAFES Dawg Tracks

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Arrive Alive -  
Safe Driving Tips



Each year nearly 50,000 Americans are killed in traffic accidents and nearly 2 million experience various injuries. **More people are killed in traffic accidents than all other types of accidents combined.**

Each year over 10,000 Americans are killed in work-related accidents. Nearly 4,000 are killed in motor-vehicle accidents. Motor vehicle accidents are our **#1 killer** for both on-the-job and off-the-job. There is not much difference in the two - only who pays the bills. The tragedies are the same to the families and communities involved.

## TRUCK ACCIDENTS-

- Medium and heavy trucks account for 2% of all registered vehicles in the U.S.
- 5% of all vehicle miles traveled and 12% of all fatal highway accidents are attributed to medium and heavy trucks.
- 1990 in Florida, in a survey of 900 truck drivers conducted at three agricultural experiment stations, truck drivers reported that 1 out of 5 of their fellow drivers drive regularly on illegal drugs. Marijuana, Speed and Cocaine were the most commonly used drugs.
- These truckers stated that they would favor regulations of dispatchers, shippers and receivers to ensure that drivers can legally meet their schedules.

In an effort to improve highway safety, **the Federal Highway Administration (FHA)** has taken several actions, such as:

- ✓ Drivers of Commercial Motor Vehicles (CMV) shall have only 1 license. (No longer are they allowed to have licenses from several states).
- ✓ If a CMV has been revoked, suspended or cancelled in one state, no other state is allowed to issue that person another CMV license.
- ✓ All operators are required to take and pass the CMV examination with the exception of those with excellent driving records and they are exempted. Special haulers, like petroleum haulers and hazard waste haulers, have special endorsements on their license.
- ✓ The office of Safety Health (OSHA) has proposed mandatory safety belt-use and driver training for all workers who drive on the job. This law is said to be able to save more lives than any other OSHA standard. This rule states that:
  - ~all employees must wear safety belts on the job in cars, trucks or other vehicles in which federal regulations require safety belts to be installed.
  - ~employers must provide a brief driver training program which discusses vehicle familiarization, safety belt use, and the effect of alcohol and other drugs on driving.
  - ~a "qualified, skilled instructor" teaches an initial training and refresher course every 3 years.
  - ~employees hired after the rule's effective date cannot drive on the job until they take the driver safety course or prove that they have had equal training in the past 3 years.

Following safety tips, if practiced, will enable you to drive more safely and responsibly, reducing the potential for critical accidents:

- Obey all speed limits and signs.
- Be attentive and drive responsibly.
- Never drive under the influence of drugs or alcohol.
- Always wear your seatbelts.
- Before starting out in your car, check the tires, lighting and other features to be sure that it is in sound working order.
- Before leaving, check the rear view mirrors for the correct adjustment for you, so that you won't be distracted after you are driving.
- Always drive with your headlights on; a car is visible nearly 4 times the distance with the head lights on.
- Always use your turn signals.
- At stop signs, spell S-T-O-P to yourself before starting through the intersection and also look left and right twice for on-coming vehicles.
- Keep your eyes moving to be attentive on what is on the side of the road and check behind you every 8 or 10 seconds.
- Be a defensive driver, thinking about what that "other dude" might do, all the time mentally planning what to do to prevent an accident, in case one might happen.
- Allow at least 4 seconds behind the next vehicle and with inclement weather double this to 8 seconds.
- At traffic lights, stop, allowing enough space to see the rear tires of that vehicle in front of you.
- Don't talk on your cell phone or send text messages while driving.
- If you leave on an out-town-trip, leave an itinerary with someone, with your route of travel, destination and estimate of arrival time.
- When an emergency vehicle is approaching, pull off on the side of the road allow it to pass.
- If you have a stall or other problem, don't leave the car. Turn on your hazard lights and wait for someone to come to assist you.
- An old saying - "If the roads are wet, drive like it's snowing; if it is snowing, drive like it's icy."

Obviously, there are other precautions to use or practice, but these are the most important, and if used, will greatly reduce your chances of an accident.

**LEAVE SOONER - DRIVE  
SLOWER-  
LIVE LONGER!  
STOP  
ACCIDENTS BEFORE THEY START**