



MOTOR VEHICLE SAFETY TIPS



Be Prepared

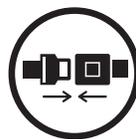
- ✓ Plan your route, allow enough time to reach your destination
- ✓ Check weather forecast
- ✓ Inspect vehicle:
 - Windows are clear
 - Tire condition/pressure
 - Lights are working
 - Secure loose objects
 - Safety kit
 - See company checklist
- ✓ Adjust seat position for comfort and reach
- ✓ Angle side mirrors to eliminate blind spots
- ✓ Adjust the head restraint so the middle is level with the eyes or the top of the ears
- ✓ Turn off and store mobile devices to avoid distraction

Work Safe

- ✓ Obey posted speed limits
- ✓ Adjust speed for road conditions and visibility
- ✓ Do not use mobile devices while driving (hands-free devices also cause distraction)
- ✓ Allow three seconds behind other vehicles
- ✓ Avoid fatigue – take a break at least every two hours
- ✓ If you encounter bad weather, find a safe place to wait it out
- ✓ Slow down in construction and school zones
- ✓ Stay focused on driving
 - Eating while driving is a distraction

Finish Right

- ✓ Backing out of a parking space is hazardous
 - Enter front first to a drive-through spot, or
 - Back into parking spot
- ✓ Set emergency brake
- ✓ Maintain and clean vehicle as recommended by manufacturer
- ✓ Report any problems with company vehicles to your supervisor



 **Speak up!**

If you see a hazard, let a supervisor know.
Everyone plays a role in your safety and health.

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For more information contact Workplace Safety & Prevention Services

1 877 494 WSPS (9777)     

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