

Oct. 3-7 is Drive Safely Work Week

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In 2,009 5,474 people were killed on U.S. roadways and an additional 448,000 were injured in motor vehicle crashes that involved some form of distracted driving. Distracted driving is the presence of anything (i.e. using a cell phone, driving drowsy, reaching for object, eating or applying makeup) that can distract a driver's physical or mental attention from driving.



Here are 10 Tips for Safe Driving:

1. **Buckle Up!** Properly secure yourself and all cargo you may be carrying, including pets, children, potted plants and grocery bags.
2. **Don't text and drive!** It's illegal in WI and most states and there's no way to safely do it.
3. **Get directions before you start driving.** Use a GPS, download directions or check a map to determine your route before you start driving.
4. **Use technology to manage technology.** Consider using a call-blocking application to let callers know you are driving.
5. **Stow your phone.** Silence your phone and put it out of sight so you won't be tempted to look at it if signals incoming calls or texts.
6. **Increase your following distance.** A 4 second following distance is recommended to increase your visibility and give you more time to react. If roads are wet or slippery, increase your following distance.
7. **Be alert and in control.** Set climate controls and radio or CD settings before you start. If driving a rental car, take time to identify wipers, turn signals, lights, radio and climate controls.
8. **Keep your mind on the drive.** Try to focus your mind before you start driving instead of thinking about work or family pressures.
9. **Preset your playlist.** iPods and MP3 players can cause a major distraction if you need to adjust your music settings. It is also dangerous and illegal to drive with headphones in.
10. **Think of the big picture.** Making or receiving a phone call makes you 4 times more likely to be involved in a car crash. Take a moment to think of those who are counting on you to get home safely every day before you make a choice to take your eyes off the road.

Motor vehicle accidents cost employers \$60 billion annually in medical care, legal expenses, property damage, and lost productivity. Crashes on and off the job have lingering financial and psychological effects on employees, their families and coworkers, and their employers.

Recognizing the opportunity they have to save lives, a growing number of employers have established traffic safety programs. For more information on how to establish or maintain a driver safety program at your worksite, go to the Network of Employers for Traffic Safety website (www.trafficsafety.org).

Source: *Network of Traffic Safety*

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