

Safety Alert

From the LEG HSE Department

Safe Driving Practices

Defensive driving involves being alert and prepared. It is crucial for drivers to remain alert to what is happening inside the vehicle as well as outside the vehicle. You should also be prepared to react to any condition should it present itself while you are driving. The way that you drive says everything about you and your company. Make a positive statement by following these safe driving practices.

Awareness is key to defensive driving, ensuring you are aware of potential hazards and other road users' actions around you. This enables you to take pro-active action to avoid an incident.



Vehicle
Maintenance!



Other
drivers
not
aware
of you!



Wildlife on or near
the road!

Stay Safe

- Use a seat belt at all times – driver and passenger(s).
- Be well-rested before driving.
- Avoid taking medications that makes you drowsy.
- Always expect the unexpected when driving, that way you'll never be surprised and you'll always be in control.
- Keep alert for pedestrians, bicyclists, and animals darting out in front of you.
- Keep your mind on your driving and your hands on the wheel
- Scan the road ahead for problems
- Check mirrors frequently
- Yield to other drivers who are determined to get there first

Stay Focused

- Driving requires your full attention. Avoid distractions, such as adjusting the radio or other controls, eating or drinking, and talking/texting on the phone.
- Continually search the roadway to be alert to situations requiring quick action.
- Stop about every two hours for a break. Get out of the vehicle to stretch, take a walk, and get refreshed.