

5 Keys to Safe Driving

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Key #1 - Aim High Steering

- Keep 12 – 15 seconds of eye lead-time H.E.L.T. (Habitual Eye Lead Time)
- Look far down the road, where the road disappears.
- Know your field of vision.

Key #2 - Get the Big Picture

Be Aware of all objects and obstacles:

- 1 - 2 city blocks ahead.
- ½ mile on highways, expressways & country roads.

Key #3 - Keep Your Eyes Moving

- Check mirrors every 5 – 8 seconds.
- Scan your eyes every 2 seconds.
- Never stare at an object for more than 2 seconds.
- * Eliminate Eye Holding Problems.
- Adjust Speed: Speed up or slow down
- Change Lanes.

Key #4 - Leave Yourself an Out

- Leave a 1 car-length space cushion at stop signs and intersections.
- Keep at least a 2 seconds following distance in front of your vehicle. (Preferably 4 seconds whenever possible).
- Keep at least a 3 seconds following distance during adverse weather.
- Eliminate Tailgaters:

Key #5 - Make Sure They See You

- Make Eye Contact.
- Honk Horn (Twice).
- Turn on / Turn off Headlights.

* Peripheral Vision (Fringe Vision) – 98% or 177 degrees of our vision.

* Central Vision (Core Vision) – 2% or 3 degrees of our vision.

· Sidewalk to Sidewalk.

· All of the area around your vehicle.

- Adjust Radio: Turn on music, turn up music, turn down music, and change station...

- Roll down window, turn up air conditioner, and turn off heater.

- Sing or talk to yourself or others.

- Pull over, take a break or get rest.

* Adjust Speed: Speed up or slow down.

* Change Lanes.

* Allow them to pass: Pull over to the side of the road or turn off on to another road.

* Signal a warning:

- Turn on / Turn off Headlights.

- Use turn indicators

· Brake Tap.

· Use turn signals.

This document provides general information about a safety and health topic and is only intended for use in facilitating discussions with employees in safety meetings. It does not address all hazards, OSHA or local requirements related to the topic or accompanying photograph. This document cannot be relied on to determine whether a site specific situation meets all safety and health requirements. Assurance Safety Consulting is not responsible for any health and safety violation or injury at a job site.