



SAFE DRIVING REVIEW

Always drive safely! Vehicle crashes are the most common cause of work-related deaths in the United States. Construction workers drive early and late hours on Missouri's interstates and rural roads. Work-related crashes are costly in employee, trucks and treatment costs with lost workday crash injuries averaging \$100,000! Distracted driving, excessive speed, no seat belt use and fatigue are all contributing factors for construction vehicle crashes. Please review this document with your crew. Encourage them to stay focused and situationally aware!

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SAFETY DISCUSSION POINTS

- Wear your seat belt. Your seat belt protects you in a truck crash and keeps you seated and in control.
- All riders in the truck must be seated and belted.
- Get some sleep before long days of driving. Fatigue is a major contributing factor to truck crashes. Pull over and nap if you're falling asleep behind the wheel.
- Increase following distance and never "push" or tailgate other motorists. Your perception, reaction and brake activation time create a lag that prevents you from stopping in time. Rear-end crashes are preventable.
- Don't drive distracted. Do not text and drive. If you cause a distracted driving crash, you could personally be held civilly and/or criminally responsible. Your phone's data use could become evidence and be used against you in a trial.
- Control other distractions like CB use, food, smoking, eating and drinking – pay attention to the road.
- When pulling a trailer, increase your following distance.
- Keep vehicle speeds appropriate and slow down! Speeding is a top contributing factor to vehicle crashes. Driving at a safe speed gives you time to react.
- Turn off supplemental brake systems in the rain, or when driving on wet, icy or snowy roads.
- Watch out for other motorists. They are most likely driving distracted. Other motorists sometimes do not understand why you are driving slower than the traffic flow and can drive more aggressively around you.
- Other motorists will tailgate you, cut you off or drive in your blind spots. Please stay situationally aware, maintain your cushion of safety and keep a safe following distance.
- Before backing, get out and look!
- Back safely—no faster than walking speed.
- Slow down on jobsites.
- Always check your truck for defects before and after driving. Always check tires for defects and wear. Make sure brakes and lights function properly.



Don't get frustrated, agitated or tailgate when traffic is congested.



Pay attention! Scan the roadway ahead and watch for slow-moving traffic.



Staying in the right lane gives you an "out". Drive on the shoulder or take the ditch to avoid a crash.

These advisory materials have been developed from national standards and sources believed to be reliable, however, no guarantee is made as to the sufficiency of the information contained in the material and Springfield Contractors Association assumes no liability for its use. Advice about specific situations should be obtained from a safety professional. 08-09-19 by MW

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