

Security SpotLight

An Informational Guide for Security Clients

Keep Your Eyes on the Road

Distracted driving describes anything that takes the drivers attention away from the task of driving. It can include distractions inside the car, such as scanning music choices or talking to a passenger, or external diversions, such as turning to gesture at a fellow driver or watching police activity.

Distracted driving is one of the most common causes of car accidents. The largest study on the subject shows that more accidents are caused by drivers who are rubbernecking than by drivers who were distracted by passengers, radios, or cell phones. A driver's eyes and full attention should be focused on the road, and both hands should be kept on the wheel.

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Safe Driving and Road Safety

Safe driving involves the ability to recognize and respond to potential dangers and hazards. Vigilance is an important aspect of safe driving. Operating a motor vehicle requires a person's complete focus. Situational awareness requires being vigilant for hazards and helps ensure the driver stays in control of the vehicle. It is important for motorists to remain aware and alert.

Given the amount of time spent in their cars, it is sad, but not necessarily surprising, that many Americans also pass away in them. The National Safety Council estimates that almost 39,000 people passed away as a result of motor vehicle accidents in 2019. This represents about a 2% drop from the previous year and a 4%

drop from 2017 when fatalities topped 40,000. The three greatest contributors to these accidents are speeding, impairment and distracted driving.

Model Safe Driving

Resources for improving driving skills are available through many public libraries. Auto clubs and motor vehicle agencies can also provide useful advice. Following are tips to help you stay safe on the road:

Plan Your Route: Know where you're going ahead of time. Check for information about weather and road conditions or traffic activity along your intended route. For longer trips, plan a rest stop every two hours, or sooner if you are tired.

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Put Down the Phone

Minimizing distractions inside the car, can help reduce the risk of an accident. Cell phones and texting contributed to many of the accidents by taking the driver's focus away from driving.

According to the National Highway Transportation Safety Administration, texting while driving increases the likelihood of an accident by 23 times. The time required to read or send a text is equivalent to driving the length of a football field at 55 miles per hour while blindfolded.

Maintain Your Vehicle: Follow the schedule for service maintenance recommended in your owner's manual. Check tires, brakes, head lights, taillights, turn signals, wipers, and fluid levels before a trip. Improve visibility by ensuring mirrors, windows and outside lights are clean to. Secure all cargo and loose items.

Stay Focused: Being well rested and vigilant improves responsiveness. Take a break if you have trouble focusing. Remain calm and manage your temper and frustration to prevent reckless actions.

Minimize Distractions: Keep both hands on the wheel, both eyes on the road and your mind on the task of driving. Do not be distracted by people, objects or events inside or outside your vehicle.

Be Vigilant: Continuously scan the roadway for hazards and be alert for danger ahead. Watch for brake lights and check your mirrors regularly. Be aware of what is to the rear and sides of your vehicle.

Share the Road: You share the road with different types of drivers and vehicles. Be aware of the special needs and limitations of other vehicles and be respectful of other roadway users.

Control Your Speed: Posted maximum speeds are for ideal driving conditions. Adjust speed as needed for traffic, road and visibility

conditions. Higher speeds reduce time available to identify and react to a hazard. Higher speeds require longer stopping distances and result in more severe crashes.

Maintain a Safe Distance: Give yourself room to maneuver. Leave enough space to be able to change lanes safely or take evasive action in an emergency. Keeping a safe distance between vehicles increases your ability to see and to be seen by other drivers.

Signal Your Intentions: Be courteous; always use your turn signals to indicate changing of lanes or a turn. Be predictable. Don't hesitate to use your horn or headlights to establish eye contact, if needed. Acknowledge others with a wave of the hand or a flash of the lights.

Buckle Up for Safety: Seat belts are your best defense in a crash, and wearing one is the law in many states. Securitas' policy requires that one be worn by the driver and all passengers. Being properly secured helps you maintain control of your vehicle and prepared to react to a hazardous situation. Buckle up and make sure your passengers do the same. Seat belts save lives!

Wearing a seat belt, slowing down, staying sober, keeping both hands on the wheel, focusing on the road and being aware of traffic around you will help prevent accidents and keep you safe while driving.

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For more information on this and other security related topics, visit the Securitas Safety Awareness Knowledge Center at <http://www.securitasinc.com/en/knowledge-center/security-and-safety-awareness-tips>