



# Safety Tips

A five-minute training series for PCOs.

## Distractions In The Vehicle



Many of our vehicle accidents, both our fault and the fault of others, are due to distractions and non-driving related activity in the vehicle. While driving, you should maintain a 3-second gap between you and the vehicle in front of you. However, if you momentarily look at a map, work ticket, radio, cellular phone or anything else, you lose the 3-second margin and increase the probability of striking another vehicle considerably.

Half of your work day is being a professional driver. To do so, you must focus on driving. Distractions and other activity, while operating your vehicle, lessen your proficiency as a professional driver.

### To maintain your professional driver attitude and prevent these types of accidents, you should:

- Minimize the number of items in your vehicle cab.
- Avoid using them while driving or stopped on the road.
- Pull off the road if you need to use one of these items.
- Frequently look in your rear view mirrors for others not paying attention to road activity.
- Keep all items fastened down or secured.
- Keep all items off of the dash.
- Remove any items hanging from the rear view mirror or visor.

**Your vehicle is your company's traveling billboard. Focus on courteous driving and maintain your image, your company's image and prevent auto accidents.**