

PestSure Safety Tips

INSURING THE FUTURE OF PEST CONTROL

A five-minute training Series for Pest Management Professionals.

Focus By Moving Your Eyes

Eos: The **SAFE** Driver Improvement System™ teaches us many techniques for protecting yourself from the mistakes of others on the roadway. This year, we are reviewing some of the core techniques taught in Eos in the distribution of these monthly safety tips.

The third of the four key positive activities taught in Eos is “Focus by Moving Your Eyes”. The key to defending yourself from the mistakes of others while driving is to develop skills to be able to spot the mistakes early and to be aware of everything going on around you. Consider the following as you attempt to further develop your driving skills and incorporate this positive activity.

- Develop a scanning technique that includes the view to the front and a check to each of your mirrors
- Scan your attention zone, identification zone, and reaction zone as you move down the roadway
- Be aware of all six-sides of your vehicle including the road surface underneath you and overhead hazards
- Avoid driving in packs of traffic; they limit your visibility and you become more likely to be caught up in other drivers mistakes

Use your core central vision to focus on the ever changing situation as you move through traffic. Avoid the “tunnel vision” that can occur when you stop moving your eyes. Lack of eye movement can be the result of fatigue or inattentiveness while behind the wheel. Your scanning technique will become a habit and will keep you more focused on the task of driving.



By continually changing your focus you will have a much better chance of spotting road hazards and the mistakes of other motorists early. You will be better able to avoid the need for a quick reaction which often results in a motor vehicle accident.

Develop your scanning habit and focus by moving your eyes and increase your chance of arriving home safely at the end of your work day.