

# Driving to Stay Safe and Alive

With vacation season upon us, and people hitting the open roads, it's a perfect time for a reminder of the risk for road accidents - especially for those who drive for work. Unlike other workplaces, vehicles are not 'controlled environments', which present challenges when ensuring worker safety.

- Vehicle crashes are the greatest single cause of traumatic workplace fatalities. In Ontario alone between 2000 and 2005, it is estimated that there were 199 work related deaths caused by vehicle crashes (more than 30% of all work-related traumatic fatalities).
- The direct and indirect social costs of motor vehicle crashes are over \$9 billion per year in Ontario.

Source: <http://www.roadsafe.ca/facts.html>

Although employers can't control road conditions, they can help prevent accidents by having a strategy that combines safe driving principles with safety management practices. The best way is to approach work-related driving in the same manner as they would any other health and safety risks. To control occupational road risk, employers must have robust health and safety management systems in place and an action plan.

## What Drivers Should and Shouldn't Do

- Don't drink and drive. Alcohol impairs your driving ability and increases the risk of an accident.
- Do not drive if you are tired, ill or taking medicine that could make you drowsy.
- Drive safely and obey the law to avoid getting penalty points on your license.
- Check and maintain your vehicle properly to save time and help avoid accidents.
- Plan your journey to reduce stress and the temptation to speed.
- Turn off your cell phone to avoid being distracted.
- Wear a seat belt. It will help keep you safe - and it's the law.

Source: CCOHS