



# Focus On Safe Driving

Whether you drive a log truck, service truck or just your own vehicle on your way to and from work, let's all focus on **SAFE DRIVING** this year. Safety starts with reminding ourselves of the basics.

The reality: 1.3 million people die in crashes each year, that's over 3,700 fatalities every day. These aren't just numbers; they're lives forever changed by preventable tragedies. Whether it's a distracted driver, bad weather, or a sudden hazard, the risks on the road are constant.

- Stay Focused and Avoid Distractions
- Out of Sight, Out of Mind: Put your phone in the glove box or backseat. It is easier to ignore temptation when it's not within reach.
- Let Tech Help You Focus: Use "Do Not Disturb While Driving"
- Plan: Need to eat? Do it before you hit the road. Want to check directions? Pull over safely first.
- Set the Tone for Others: If you're driving with passengers, make it clear that you need their cooperation to focus
- Maintain a Safe Following Distance
- Watch for sudden slowdowns or aggressive drivers and adjust your speed accordingly.
- Stay Alert: Continuously monitor your distance and adjust based on speed and conditions.
- Avoid Tailgating: Pressuring the driver ahead will not make them move faster and only puts you both at risk.
- Always stay calm and avoid road rage.
- Adapt to Conditions: In poor weather or heavy traffic, double or triple your following distance.
- Know Your Vehicle: Larger cars, SUVs, or trucks require more stopping distance than smaller vehicles.
- Obey Speed Limits and Adjust for Conditions
- Be Prepared: Running late is one of the main reasons drivers speed. Leave early to give yourself enough time to arrive safely.
- Always Use Seat Belts
- Be Aware of Blind Spots
- Anticipate Other Drivers' Actions
- Use Turn Indicators and Communicate Intentions



Small adjustments, and planning can help avoid dangerous situations, caution isn't optional, it's a lifesaver!



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SWPA SAFETY COMMITTEE &

Toolbox Talks are provided as a courtesy to SWPA members.  
Please remember they are to assist you in developing a safety plan.  
Keep in mind OSHA, Department of Labor and Insurance requirements  
may change over time and it is your responsibility to make sure your safety  
plan is up to date. Reference: OSHA, NIOSH, FRA

**SETLIFF**  **LAW**

## SAFETY MEETING SIGN-IN SHEET

TOPIC: \_\_\_\_\_ DATE: \_\_\_\_\_

LOCATION: \_\_\_\_\_ TRAINER: \_\_\_\_\_