

— Driver Operations

Defensive and Distracted Driving



Photo by [Vidar Nordli-Mathisen](#) on [Unsplash](#)

According to federal government statistics:

- Every 5 seconds a motor vehicle accident occurs in the U.S.
- Every 10 seconds a motor vehicle injury occurs
- Every 12 minutes a motor vehicle fatality occurs

Most importantly, vehicle accidents are a leading cause of work-related deaths in the U.S.

When an employee has a vehicle accident, several exposures can occur at once:

- Injury to the employee
- Injury to the public, potentially multiple injuries
- Property damage to your agency and the public

This is why it's so important to make certain employees who drive on behalf of your agency are cautious and defensive drivers. Remind drivers to stay safe and focused and avoid aggressive driving.

STAYING SAFE

- Use a seat belt at all times – driver and passenger(s).
- Be well-rested before driving.
- Avoid taking medications that cause drowsiness.
- Do not drive if impaired by alcohol or any drug.

STAYING FOCUSED

- Driving requires full attention. Avoid distractions, such as adjusting the radio or other controls, eating or drinking, or talking on the phone.
- Continually search the roadway to be alert to situations requiring quick action.
- Stop about every two hours for a break. Get out of the vehicle to stretch, take a walk, and get refreshed.

AVOIDING AGGRESSIVE DRIVING

- Keep your cool in traffic!
- Be patient and courteous to other drivers.
- Do not take other drivers' actions personally.
- Reduce your stress by planning your route ahead of time, allowing plenty of travel time, and avoiding crowded roadways and busy driving times if possible.

Driver training is a powerful tool to reduce workplace vehicle accidents.

TRAINING RESOURCES

Sedgwick resources are available under Training Resources at <https://riskcontrol.sedgwick.com/>.

Publications

- Distracted Driving – It's More than Just a Bad Call
- Driver Safety – Defensive Driving
- Summer Driving Tips

Streaming Videos

- Driving Safely: Making Good Choices
- Defensive Driving: Expect the Unexpected
- Defensive Driving: I Could See it Coming
- Distracted Driving: Real Accidents, Real Stories
- Distracted Driving: Real Accidents, Real Stories II
- Driving Distractions of the Everyday Driver