Did you know? The most dangerous part of the day for any employee is the time they spend in their vehicle. According to the Bureau of Labor Statistics, motor vehicle crashes are the leading cause of occupational fatalities in the United States. The first line of defense your employer can take against potential motor vehicle crashes involving employees is to develop, implement, enforce and monitor a strong driver safety program.

Before getting behind the wheel, practice these safe driving tips:

**Be Safe**
- Before operating your vehicle, walk around and inspect the vehicle and ensure lights, brakes and blinkers are in proper working condition.
- Always check your mirrors and seat and properly adjust them before starting your vehicle.
- Use a seat belt at all times - driver and passenger(s).
- Be well-rested before driving.

**Stay Focused**
- Driving requires full attention: Avoid distractions, such as adjusting the radio controls, eating or drinking, and using your cell phone.
- Be alert to situations on the road that require quick action.
- Stop about every two hours for a break. Get out of your vehicle to stretch and get refreshed.

**Avoid Aggressive Driving**
- Keep your cool in traffic.
- Be patient and courteous to other drivers.
- Reduce stress by planning your route ahead of time - allow plenty of travel time and try to avoid busy roadways or high construction zones.