





MOTOR VEHICLE SAFETY TIPS







Be Prepared

- ✓ Plan your route, allow enough time to reach your destination
- √ Check weather forecast
- ✓ Inspect vehicle:
 - Windows are clear
 - Tire condition/pressure
 - Lights are working
 - Secure loose objects
 - Safety kit
 - See company checklist
- √ Adjust seat position for comfort and reach
- ✓ Angle side mirrors to eliminate blind spots
- ✓ Adjust the head restraint so the middle is level with the eyes or the top of the ears
- ✓ Turn off and store mobile devices to avoid distraction

Work Safe

- √ Obey posted speed limits
- √ Adjust speed for road conditions and visibility
- ✓ Do not use mobile devices while driving (hands-free devices also cause distraction)
- √ Allow three seconds behind other vehicles
- ✓ Avoid fatigue take a break at least every two hours
- ✓ If you encounter bad weather, find a safe place to wait it out
- √ Slow down in construction and school zones
- √ Stay focused on driving
 - Eating while driving is a distraction

Finish Right

- √ Backing out of a parking space is hazardous
 - Enter front first to a drivethrough spot, or
 - Back into parking spot
- √ Set emergency brake
- ✓ Maintain and clean vehicle as recommended by manufacturer
- √ Report any problems with company vehicles to your supervisor











)) Speak up!

If you see a hazard, let a supervisor know. Everyone plays a role in your safety and health.





HOW TO USE SAFETY CHECKS FOR WORKERS

Safety checks provide information for workers on how to work safely with specific hazards. Safety Check information can be used in orientation training, tailgate talks or even in one-one coaching. Use the following tips to help you communicate this information in your workplace:

- Use language that is consistent with the workplace
- Consider the work you do and specific examples of how these hazards can result in injury or illness
- Explain how the safe work practices will help prevent injury and illness
- Wherever possible, use the actual tools, equipment, materials and PPE to demonstrate proper use
- Ask specific questions during your talk to check understanding
- Keep a record of each talk that you deliver (see the form below)
- Post a copy of the Safety Check for workers to reference



OWNERS AND SUPERVISORS

Have you taken reasonable measures to control this hazard using the hierarchy of controls?

- Select vehicles with a good safety rating
- Regular inspection and maintenance of vehicles
- Promoting and enforcing policies on mobile phone usage while driving
- Training on safe practices and defensive driving
- Scheduling realistic travel timelines

Date:	Topic:	
Safety Check Session Leader:		
Learner Name (Please print)		Signature

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4 You Tube

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