

Safety First

Presented by: DON Services

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SAFETY COMMITTEE

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- Neal Jones
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Please contact anyone on the committee with any safety questions.

November's Training Topic: Defensive Driving

The objective of this month's Defensive Driving training is to raise awareness and reduce the potential risk for vehicle accidents.

Some common causes of accidents are:

- **Lack of Concentration**-may be caused by age, impairments and medications. You should also never take personal problems behind the wheel.
- **Driving in a Hurry**-if you are late for work you should contact the office, contact your consumer and TAKE YOUR TIME on the road.
- **Fatigue**-Always be sure you have had plenty of rest before getting behind the wheel and driving.
- **Distraction**-there are three types of distractions that can effect your driving. *Visual*, taking your eyes off the road. *Manual*, taking your hands off the wheel. The last is *Cognitive*, taking your mind off the basic task of driving.



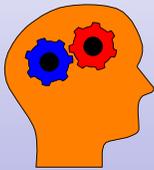
November's Training Topic Continued: Defensive Driving

There are also six conditions while driving that you can't always control. They are, light; weather; road; traffic; vehicle and other drivers. However, if your vehicle is well maintained and you do not allow yourself to become distracted your response to these six items will be more appropriate and could help in the prevention of an accident.

The Standard Accident Prevention Formula



Recognize the Hazard



Understand the Defensive



Act Correctly in Time

If you have any questions regarding this newsletter or any safety concern please contact any member of the Safety Committee.

PRIZE TIME!!!

Let's test your knowledge. If you can answer the following question correctly by emailing your answer to hrockwell@donservices.org you will be entered into our monthly prize drawing.

Question?

What are the three types of driving distractions?