

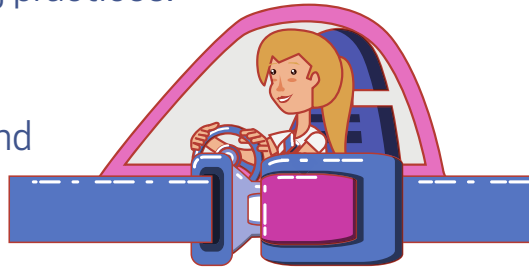


## Amynta Work Comp Solutions General Driver Safety

You are your employer's most valuable asset! The way that you drive says everything about you and your company. Make a positive statement by following these work-related safe driving practices.

### Stay Safe

- Use a seat belt at all times – driver and passenger(s)
- Be well-rested before driving
  - Avoid taking medications that make you drowsy
- Set a realistic goal for the number of miles that you can drive safely each day
- If you are impaired by alcohol or any drug, do not drive



### Stay Focused

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

### Avoid Aggressive Behavior

- Be patient and courteous to other drivers
- Do not take other drivers' actions personally
- Plan your route ahead of time (bring directions)
- Allow plenty of travel time
- Avoid crowded roadways and busy driving times

