OCCUPATIONAL SAFETY · ROAD TRAFFIC

VITS

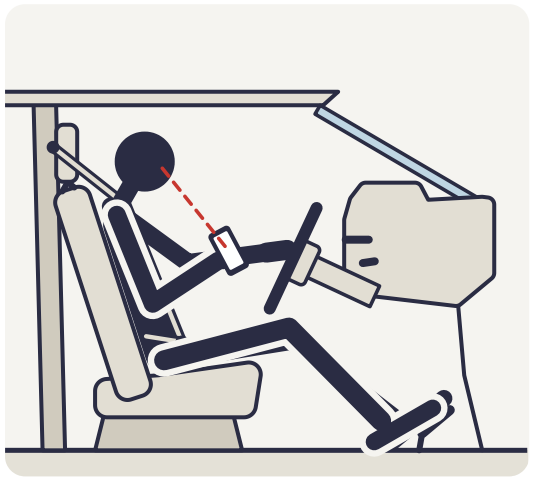
Driving for work

A phone takes your eyes off the road; a tired driver can doze off. **A worker died when their car veered into the oncoming lane on a main road and hit a coach.**

Possible consequences

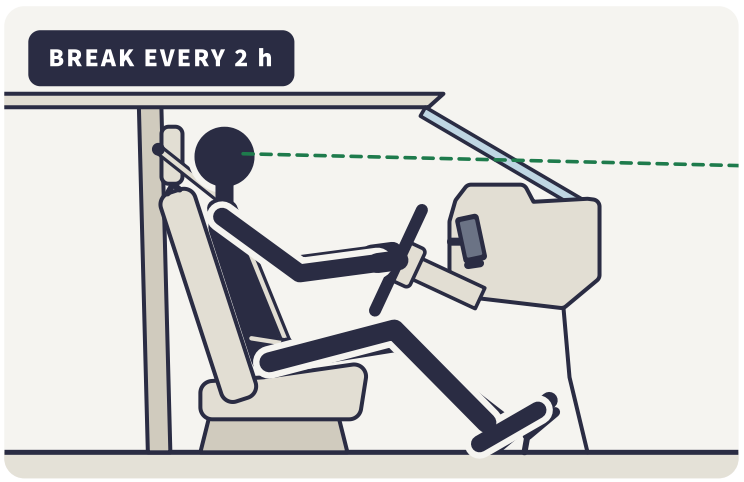
- Serious injury or death
- Head-on collision
- Injury to other road users
- Property damage
- Loss of driving licence

PHONE IN HAND
5 s blind



- Eyes on message, not on road
- Some 125 m blind on a main road
- One hand off the wheel

RESTED DRIVER
Eyes on road



- Both hands on the wheel
- Phone in holder and on silent
- Seat belt fastened

DRIVING TIRED
Dozing off



- Reactions slow down
- Dozing driver won't brake
- Car drifts into oncoming lane

While driving, the driver must not hold a phone or use it without a hands-free device. The driver must not be ill or tired to a degree that prevents accurate perception of traffic conditions.

DO

- **Plan your trip and breaks.**
- **Take a break of at least 15 min every 2 hours.**
- **Fasten your seat belt before driving.**
- **Set your phone to silent when driving.**
- **Call back once you have stopped somewhere safe.**
- **Set up navigation before you set off.**
- **Sleep 7–8 hours regularly.**
- **If you feel tired, stop safely and take a nap.**

DON'T

- **Don't hold your phone while driving**
  Your focused field of vision shrinks by up to 50%.
- **Don't take calls while driving, even hands-free**
  Talking takes your mind off traffic.
- **Don't rush to meet a deadline**
  At 100 instead of 90 km/h, you need about 13 m more to stop.
- **Don't rely on coffee or energy drinks**
  Their effect on fatigue is short-lived.
- **Don't wear your belt under your arm**
  In a crash, you can slip out between the straps.
- **Don't call a colleague who is driving**
  The call distracts them.
- **Don't drive for long between 2 and 6 am**
  That is when your body most needs sleep.

REMEMBER

Eyes on road. Belt on. Drive rested.

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