

SUSTAIN

pre-meeting safety minutes

Many organizations take advantage of all scheduled meetings, including conference calls, to start out with a safety message. During Drive Safely Work Week, you could have each day's message focus on driving safety. Moving forward, continue to incorporate safe driving into your safety minutes regularly throughout the year. Reference the NETS, NHTSA, National Safety Council or AAA Foundation for Traffic Safety websites for information to help with messages and tips related to road safety.

www.trafficsafety.org

www.nhtsa.gov

www.nsc.org

www.aaafoundation.org



MONDAY

Slower reaction times, vision impairment, lapses in judgment and delays in processing information are all traits of a driver impaired by alcohol. But did you know that FATIGUE-impaired driving can produce the same results? Along with buckling up, being well-rested is one of the most fundamental contributors to always arriving safely.

TUESDAY

Did you know 90% of a driver's reaction time is dependent on visual cues? Take care of your eyes by staying on top of regular vision screenings. The American Optometric Association recommends that adults 61 and over receive comprehensive eye exams annually. For adults ages 18 to 60, an eye exam is recommended every two years for those without risk factors, but be sure to follow the recommendations of your doctor who may feel checkups are needed more frequently. This week, take the time to check your records to see if your eyes are due for a screening.

WEDNESDAY

Little steps can pave the way to long-term safer driving habits. Creating a habit as simple as leaving five minutes earlier for your destination can allow

you to be more relaxed and focused on driving safely. Try it this week and tune-in to the difference. Chances are, by cutting down on the stress of rushing you'll find yourself more engaged with your driving environment, making for a much smoother journey.

THURSDAY

Business travel can sometimes lead to taking a flight that arrives home late at night or following an extra long stretch of being awake due to time zone differences. After a hard day and a long flight, you may be too tired to drive safely when leaving the airport. When booking travel, think ahead and consider the options for the final leg of your journey: whether it be arranging for a friend, family member, cab or car service to meet you at the airport, or even staying an extra night.

FRIDAY

"Presenteeism" is defined as when employees show up for work even though they are too sick, stressed or distracted to be productive. Do all you can to avoid "presenteeism behind the wheel"—being there in body but not in mind. Get 7.5–8 hours of sleep, fuel your body with a nutritious meal or snack, silence and stow mobile devices and clear your head to focus on the drive.