

Journey Management for Everyday Driving



Journey management is a system to help get employees safely from one location to another. Widely used in the energy, logistics and transportation industries, it is being adopted in a variety of workplaces. Many of these concepts can be applied to **YOUR** everyday drive. Thinking through the areas of increased risks in the trips you take—especially those in your immediate community—can help you develop a plan to manage them. Identifying things like risky intersections or particularly dangerous left turns benefits your day-to-day safety but could be life-saving for a teen driver or older driver in your life.



ASK YOURSELF:

Is the trip really necessary? If it is your commute or an important medical appointment, and in normal weather conditions, the answer is most likely Yes! But you can reduce your risk of a crash and save money on gas—if you plan carefully or avoid traveling altogether.

Is there a safer way to travel? Driving is the most dangerous way to travel. Consider other modes of transportation—train, bus, subway, or air.

Can this trip be combined with another? This is important when you consider that increased exposure = increased risk. So a little thinking ahead to combine trips can reduce exposure and help minimize risk.

If the sole purpose of your trip is to attend a work meeting, find out if virtual attendance is an option. Dial-in conferences are great for small groups to talk through projects, and there are web services that allow computer presentations to be shared to a large group. Safer, and saves money!

What is the most efficient route?

What is the best order of stops and the best route to take? Consider:

- Road conditions
- Traffic volume/time of day
- Does the route include known high-risk intersections or other high-risk areas that could be avoided with an alternate route?
- Is there construction along the way and is there an alternate route?

What is the best time/day to make this trip?

Be cautious of setting meetings that put you on the road when you are likely to feel drowsy, typically mid-afternoon from 2PM–5PM and early morning between 2AM–6AM. Consider running errands during the week since weekends, rush hour and holidays will increase traffic volume and most likely involve busy parking lots.

How will the weather affect the road conditions? Be aware of the weather conditions so you can allow yourself enough time to complete the trip at a speed that is legal and safe for the current road conditions.

Can this trip be made during daytime vs. nighttime?

For people with vision issues, driving at night should be avoided. Nighttime driving increases your risk of being on the roads with impaired drivers. A recent survey from the National Highway Traffic Safety Administration found that nearly 1 in 10 drivers had alcohol in their system during weekend nighttime hours.

What would you do in the event of an emergency?

Plan ahead by asking:

- Do you have an ICE (In Case of Emergency) number programmed into your cell phone? If you have a passcode, make the emergency contact number visible where it would be accessible to anyone.
- Do you have roadside assistance available through your vehicle manufacturer or a service to which you subscribe? Is the number readily available should you need it?