



# TOP 10 WAYS TO PREVENT MOTOR VEHICLE ACCIDENTS WHILE DRIVING FOR WORK

FFVA Mutual's Safety *Solutionists* are here to help you identify and eliminate motor vehicle accidents to keep employees safe on the road.

1	<b>Stay Focused Behind the Wheel:</b> Distracted driving is one of the top causes of work-related crashes. Avoid texting, eating, or adjusting devices. Always keep your eyes on the road.
2	<b>Buckle Up Every Time:</b> Seat belts save lives and reduce injury severity. Whether it's a short trip or a long haul, make buckling up automatic.
3	<b>Follow the Speed Limit:</b> Speeding cuts your reaction time. Drive at a speed that is safe for the road, traffic, and weather conditions.
4	<b>Avoid Driving When Fatigued:</b> Drowsy driving is as dangerous as impaired driving. Know your limits and take breaks during long shifts.
5	<b>Drive Only When Clear and Alert:</b> Prescriptions and over the counter medications can impair focus and reaction time. Know the risks and your responsibilities.
6	<b>Plan Your Route and Stops in Advance:</b> Map out your trip before you go. Planning reduces stress and helps avoid rushed decisions on the road.
7	<b>Keep a Safe Distance:</b> Tailgating increases crash risk. Leave enough space to stop safely, especially at higher speeds or in poor conditions.
8	<b>Adapt to Changing Conditions:</b> Weather, construction, and traffic require constant awareness. Adjust your driving as conditions change.
9	<b>Drive Defensively:</b> Expect the unexpected. Stay alert, anticipate the actions of other drivers, and always respond safely. Keeping your composure on the road protects everyone.
10	<b>Maintain Your Vehicle:</b> Regular maintenance prevents breakdowns and accidents. Report any mechanical issues as soon as you notice them.