



Traffic Safety News

From the Delaware Office of Highway Safety

Drive Safely to Work Week

Every October, OHS partners with the Network of Employers for Traffic Safety (NETS) to promote Drive Safely to Work Week (DSWW). This year's campaign is being observed October 7-11. The theme is "Gear Up for Safe Driving" which focuses on aspects of driver safety that occur before you even start the engine.

Get the Facts

In this year's DSWW tool kit, NETS has provided tips to help you get to work safely, not only this week but every week of the year.

- **Be at your best behind the wheel.** You don't show up for work sick, stressed, and distracted so why would you drive that way? Plan ahead for a safe drive to work each day. Get a good night's sleep, eat a healthy breakfast, and remember to take a deep breath if you're feeling rushed.
- **Take a clear look.** You can't avoid a hazardous situation, if you can't see it in time. If you haven't had an eye exam recently, it might be time to schedule one.
- **Keep your body properly fueled, well-oiled, and energized.** Good physical conditioning and healthy eating habits keep your mind alert, and your body flexible for the task of driving.
- **Take care of your vehicle so it can take care of you.** Brakes and tires need to be in good working order. Become familiar with your vehicle. And, have a breakdown plan in the event of an emergency.
- **Gear up for safe driving.** Secure your passengers and yourself with a properly fitting seatbelt, and secure your cargo for the ride.

One last tip: Be cautious about using over-the-counter and prescription drugs while driving. Did you know the medication you take to manage sleep, pain, blood pressure, and even allergies can impair your ability to drive? For those who take medication, AAA has developed a website <http://roadwiserx.com> where you can assess your driving risk.

For more information on Drive Safely to Work Week and to obtain a free tool kit, go to the NETS website at www.trafficsafety.org.

Drive Safe. Arrive Alive DE.

This message is being sent to you by the Office of Highway Safety, who asks you to drive safely at all times. For more information on this and other traffic safety programs, go to www.ohs.delaware.gov.