

# Security SpotLight

An Informational  
Guide for  
Security Clients

## Keep Your Eyes on the Road

Cell phones and texting contribute to many accidents. According to the National Highway Transportation Safety Administration, texting while driving increases the likelihood of being involved in an accident by 23 times. This is equivalent to driving blind for 5 seconds at a time, during which time the vehicle would travel the length of a football field, if traveling 55 miles per hour.

Integrity / Vigilance  
Helpfulness



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## Road Safety

Safe drivers react to hazards appropriately and recognize potential hazards. Good drivers are vigilant. Constantly evaluating the driving environment in anticipation of the unexpected helps them maintain control of the situation. Driving requires a person's full attention. It is important for motorists to always remain aware and alert.

Americans spend a significant amount of time in their cars. They practically live in their cars, and, sadly, many deaths also occur in them. The National Safety Council estimates that as many as 40,000 deaths related to motor vehicle accidents occurred in 2016, a 6% increase over 2015 and a 14% increase over 2014—the most dramatic two-year escalation in 53 years. The same data suggests that

2016 may have been the deadliest year on the roads since 2007, costing society an estimated \$432 billion.

### Road Safety Best Practices

Resources for improving driving skills are available at many public libraries, auto clubs and motor vehicle agencies. They can provide practical advice such as the following tips from the Maryland Motor Vehicle Association.

**Plan Your Route:** Know where you're going ahead of time. Tune into a local media source to stay informed about weather and road conditions. Plan rest stops for longer trips.

**Maintain Your Vehicle:** Read the owner's manual and follow the recommended schedule for routine  
(continued)



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## Maintain Focus

**Distracted driving is the most common cause of car accidents. A distracted driver might be surfing music stations or using a cell phone. Other distractions come from outside the car. Turning to glare at another driver or slowing down to gawk at a near-accident or someone who's been pulled over is equally, or potentially more, distracting. The largest study on distracted drivers shows that more accidents are caused by drivers rubbernecking than by drivers who were distracted by passengers, radios, or cell phones.**

**Reduce the risk of an accident by minimizing distractions inside the car. Keep both hands on the wheel and focus your eyes and full attention on the road.**

service maintenance. Check tires, brakes, head lights, tail lights, turn signals, wipers, and fluid levels before a trip. Keep mirrors, windows and outside lights clean to improve visibility. Secure cargo and loose items.

**Stay Focused:** Being well rested, alert and attentive improves responsiveness. Take a break if you have difficulty focusing. Always remain calm and don't let your temper or frustration cause you to drive recklessly.

**Minimize Distractions:** Keep your hands on the wheel, eyes on the road and mind on the task of driving. Do not let anything inside or outside your vehicle distract you.

**Monitor Your Surroundings:** Scan the roadway continuously for hazards. Watch for brake lights and check all mirrors regularly. Be aware of what is happening on all sides of your vehicle.

**Share the Road:** You share the road with a variety of drivers and vehicles. Understand the special needs and limitations of other vehicles and roadway users.

**Control Your Speed:** Posted maximum speeds are for ideal driving conditions. Adjust your speed for traffic, road and visibility conditions. Higher speeds magnify

errors and limit time available to identify and react to a hazard. Stopping distances are longer and crashes are more severe.

**Maintain a Safe Distance:** Give yourself room to maneuver. Leave sufficient space to change lanes safely and take evasive action in emergencies. Keeping a safe distance between vehicles increases your ability to see and be seen by other drivers.

**Signal Your Intentions:** Be courteous; always use your turn signals to indicate a lane change or a turn. Be predictable. Don't hesitate to use your horn or headlights to establish eye contact, if needed. Show appreciation with a wave of the hand or a flash of the lights.

**Always Wear Your Seat Belt:** Seat belts are your best defense in a crash, and wearing one is the law in many states. Being properly secured helps keep you in control of your vehicle and ready to react to a hazardous situation. Buckle up and make sure your passengers do the same. Seat belts save lives!

Wearing a seat belt, slowing down, staying sober, keeping both hands on the wheel, staying focused on the road and being aware of traffic around you are all habits that will help prevent accidents and keep you safe while driving.

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For more information on this and other security related topics, visit the Securitas Safety Awareness Knowledge Center at <http://www.securitasinc.com/en/knowledge-center/security-and-safety-awareness-tips>