

Workplace instruction
Transport and Traffic



Road Safety

Guidance for company instruction

(Commuting) accidents in road traffic are avoidable

Facts

Every year, tens of thousands of people have accidents while driving to work in their own vehicles. In addition to the personal suffering caused by injuries, the result may be permanent damages or even death. In addition, the psychological stress caused by the accident, the legal consequences and,

last but not least, the economic consequences of the employee's absence also have an impact. More and more companies realize how important prevention is, also in road traffic. The German Social Accident Insurance Institution supports them with a wide range of offers and media.



Tip

Regularly attend refresher courses in first aid training!

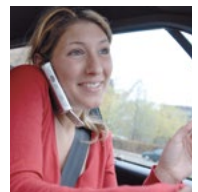
What are the risks?

Most of the hazards result from the drivers themselves, because they do not behave appropriately in the respective situation.

Typical incorrect behaviors and influencing factors are, for example:

- Underestimating the weather conditions (rain, fog, slippery roads)
- Not keeping a safety distance
- Driving too fast, performing risky overtaking maneuvers

- Driving under the influence of alcohol, drugs or other medications
- Fatigue or impaired vision at dusk or dawn
- Driving unsafe vehicles (unsecured load, wrong air pressure in tires, tires not adapted to the season)
- Distraction while driving (smoking, eating, talking on the phone)



Distraction is an increasing and often underestimated hazard in road traffic.

Key aspects of instruction

The objective of the instruction is to raise awareness of responsible participation in road traffic in a spirit of partnership.

The following rules should be followed:

- Plan the driving route and time (use a navigation device)
- Plan extra time for unexpected situations
- Check technical equipment, e.g. windscreen wipers, windscreen water solution, air pressure of tires, and lighting
- Secure load, also secure light objects
- Check that first-aid kit, warning triangle and high-visibility vest are in proper condition

Tip

The German Social Accident Insurance Institution provides various action media (also on road safety) for prevention events. Info at www.aktionsmedien-bgetem.de

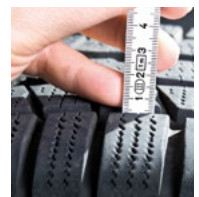


- Only drive when you are physically fit
- Fasten seat belt (airbag only fully effective when wearing a seat belt)
- Observe traffic rules
- Prevent risk situations by anticipatory driving
- Adapt driving speed to weather and traffic situation
- Don't let yourself get distracted by your smartphone

Roadworks – still an accident black spot

Road users feel additionally stressed by road works. The increased number of accidents regarding road works can be reduced by responsible behavior:

- Braking to the prescribed speed in good time
- Keep sufficient distance to the vehicle in front
- Avoid risky overtaking maneuvers



Do not drive with less than 4 millimeters of tread depth!

Tips for driving safely in winter

- Change to winter tires in good time
- Add antifreeze to the windscreen washer system
- Regularly check tire pressure
- Before driving, completely remove snow and ice from the car, especially from the windows
- Carry a warm blanket and a thermos flask with a hot drink for longer journeys
- Test braking in a safe location provides clarity about the road conditions
- Increase the distance to the vehicle in front if the road is wet or slippery with snow

Tip

Use BG ETEM driving safety training seminars
Search at www.bgetem.de

Enter the following number in the “Webcode” field: **11919750**

Click on “Seminar database”.

Select the “Road safety” category. All available seminars in your area will be displayed

Rural roads – beautiful, but also dangerous

Measured in terms of the distance traveled, the frequency of accidents on rural roads is still higher than on the freeway.

You can increase safety by observing the following aspects:

- Drive with dipped-beam headlights even during the day
- Perform overtaking maneuvers only in areas where the opposite lane can be seen clearly
- Reduce your speed in curves in good time, stay in your own lane
- Beware of accidents with trees – reduce your speed on avenues, switch on the lights and, if possible, avoid overtaking maneuvers
- Slow down and be ready to brake when you see the warning sign “wild animals”