

Driver Safety: Accident Prevention

Objective: *To be familiar with the common causes of accidents and to know best practices for prevention*

Vehicle crashes are the **leading cause of death** for people in the United States between the ages of 4 and 40.

COMMON HAZARDS LEADING TO ACCIDENTS:

- 1. Distractions:** Distractions, such as phones or passengers, can lead to serious accidents.
 - A distraction is anything that draws the driver's attention away from the road.
 - 20 – 30% of all vehicular crashes are caused by some sort of distraction.
- 2. Aggressive driving:** To prevent accidents, be courteous and share the road with others.
 - Aggressive driving may include excessive speed, failure to yield to traffic controls, failure to yield right-of-way, and other inappropriate driving techniques.
 - 20 – 30% of all accidents are caused by aggressive driving.
- 3. Impaired driving:** Impaired driving due to drug or alcohol use is the leading cause of vehicle accidents, accounting for 40%.
 - Depending on the type and amount, drugs and alcohol can affect vision, cause dizziness, and impair judgement.

PREVENTION:

- Eliminate distractions.
- Never drive under the influence of drugs or alcohol.
- Obey traffic safety laws.
- Be courteous to others.
- Keep your vehicle in good mechanical condition.



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This form documents that the training specified above was presented to the listed participants. By signing below, each participant acknowledges receiving this training.

Organization: _____ Date: _____

Trainer: _____ Signature: _____

CLASS PARTICIPANTS:

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