



Workplace motor vehicle accidents are one of the leading causes of workplace injury in Maryland. IWIF, together with Maryland's T-SAFE program, reminds all drivers to **pay attention** to these driving safety rules.

- **When you get behind the wheel, your first priority is to give full time and attention to driving.**
- **Always wear your seat belt. It's the law!**
- **Keep both hands on the wheel and your eyes on the road.**
- **Never eat or drink while driving. How many times has your spilled coffee or dropped french fry almost caused an accident?**
- **Do not tailgate, even in congested traffic. Back off and allow plenty of braking distance between vehicles.**
- **Don't be a fool! Remember the 3 second following rule. Rear end collisions are preventable.**
- **Slow down. Higher speeds decrease your ability to react to sudden hazards.**
- **Drive defensively. Always be prepared for the unsafe actions of other motorists.**
- **Pay special attention at intersections. Look out for drivers trying to "beat the light."**
- **Use the hands free feature on your cell phone or better yet, pull over to make the call.**



**Don't be a
Distracted
Driver**

SAFETY SAVES *With* IWIF

Employers: Please copy, distribute and post as needed for your employees. This tip sheet is available in PDF format from www.iwif.com.

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