

Tools for Life – Weekly Health & Safety Meeting



Home Healthy - Home Safe

Date: January 2023

Driving Safety

Apollo owns and operates more than 800 vehicles nationwide every day. Think about the dedication it takes from our employees to ensure that our vehicle operations don't create more of a hazard for our employees and community alike. Below are stats you might not be aware of.

United States Driving Stats:

- Over 38,800 deadly vehicle accidents in the year 2020 in United States
- The average distracted driver looks away from their phone for 5 seconds, traveling a football field. Studies show the average accident occurs when a driver is distracted for 3 seconds.
- One of every four car accidents in the United States is caused by phone usage behind the wheel.
- 77% of adults and 55% of teens believe they have the skills to manage to text while driving.
- Over 200,000 crashes are due to sleet and snow, while ice pavement accounts for 150,000 accidents

The stats above should show you why being a defensive driver is one of the most important things you can do throughout your day. If the majority of adults and teens believe they are capable of safely driving and texting, then giving ourselves some time and space to react is one of our greatest lines of defense. In both 2021 and 2022 Apollo Mechanical had over 35 vehicle accidents as a company per year. In 2021 the total cost of vehicle accidents reached over \$350,000 in direct costs alone.

Defensive Driving Tips:

- **Brake Early** - Two car lengths is the recommended distance to keep from the vehicle in front of you, but you can give yourself more space by looking two to three cars ahead. When they brake, you brake, don't always wait for the vehicle in front of you to brake, it may be too late.
- **Plan** - Know your route, the traffic tendencies, and the weather for your trip. All of these things can help you plan accordingly and keep from getting in a rush.
- **Avoid Road Rage** - Don't let the bad tendencies of other drivers affect your level-headedness while driving.
- **Don't Get Distracted** - This goes beyond texting and driving. Distractions can come in many forms while driving, this can be eating, loud music, social media, phone calls, and even passengers (especially kids).

Defensive driving is one of the many ways we can stay safe on the road. For your loved ones at home, on the road, just like you would want someone to do for the sake of your family, pay attention and be safe.

HEALTHY OR SAFETY REMINDER: In 2022 Apollo rolled out required driver training for the company. It looks as though that training alone has resulted in a reduction of vehicle accident costs by about 50%.

Discussion Points/Quiz Questions:

1. Who noticed a driver on the road this morning not paying attention?
2. Who has ever fallen asleep behind the wheel, if even for just seconds?