

Why driving to work can be the most important job you will do all day



By Chris Loomis, Safety Expert

It does not matter if you work in an urban jungle, a rural area or a sedate suburb, getting to work can sometimes be the most stressful part of your day. Even if you are the most careful driver on the planet, you cannot always account for the behavior of everyone else around you.

We all want to get to work safely and on time, or least most of us do. There is always that one guy that is probably getting fired anyway, so he doesn't care if he takes out a car or two on his way in to the office.

Stay aware of everything that is going on around you, and try to keep the following safety tips in mind:

- Leave in plenty of time so that you do not need to speed, drive erratically or try to take short cuts that are just plain foolish.
- If you must use your cell phone, go hands free (check with your state and local laws about cell phone use).
- No eating, drinking, putting on makeup, reading the paper, or the other millions of crazy things that people try to do in a car.
- This goes with the above and should be obvious but it happens: no changing clothes while driving.
- Watch your lane changes and remember the passing lane is for passing not cruising along at 35 miles per hour. We all saw your car, Princess, now pull back over to the other lane and leave us all be!
- Use your signal (the one in the car or the actual hand signals, not just one finger) for every turn and every lane change so it becomes a permanent habit.
- Did I mention NOT using the cell phone?

Safety is an attitude that begins in our thoughts. We can create an accident-free environment at work and at home if we believe we can and are committed to the process.

Chris has more than 20 years of professional safety experience. As the marketing manager for DuPont's environmental and safety services, he has seen first-hand the safety challenges faced by plant personnel while working with more than 600 chemical, petrochemical, and manufacturing facilities. Chris is an award-winning international safety speaker and author.



This could be you. Put down that cell phone!

For more information or to book your next safety speaker, please visit <http://www.safetyattitude.com> or call Chris Loomis at 713-927-6592.