

NC DEQ Safe Driving Toolbox Talk



- 1) **Introduction:** Motor vehicle crashes are one of the leading causes of death in the U.S. An estimated 42,915 people died in motor vehicle traffic crashes in 2021. Trauma is the leading cause of death for Americans under 45 years of age. Most of that trauma involves motor vehicle accidents. This is an overview of safe driving tips for employees who drive as part of their jobs.
- 2) **Causes:** The three main contributing factors to fatal vehicle accidents are speed, distraction, and alcohol use.
- 3) **Laws and rules for driving State owned vehicles:**
 - **01 NCAC 38 .0405 MOTOR VEHICLE LAWS AND ORDINANCES**

It is the responsibility of the driver to observe all state motor vehicle laws and municipal ordinances. All violations and resulting fines shall be the responsibility of the driver involved.
 - Police reports are required for any incident involving a State-owned vehicle.
 - After an accident State employees are tested for drugs and alcohol.
 - Cell phone use is prohibited in State vehicles.
- 4) **Costs:** The average crash costs an employer \$16,500. When a worker has an on-the-job crash resulting in an injury the cost jumps to \$74,000. When there is a fatality, the average cost exceeds \$500,000. (Source: NC Department of Labor)
- 5) **Safe Following distances:**
 - The Two-Second Rule: You should allow two seconds between the time the vehicle ahead of you passes a given point and the time your vehicle reaches the same point.
 - In rain increase this interval to four seconds.
 - In snow or ice increase it to twelve seconds. (State-owned vehicles generally should not be driven in snow or ice).

6) **Vehicle Monitoring:** NC Motor fleet vehicles have black boxes installed in them. Your speed at distinct locations and whether your seat belt is buckled can be monitored in real time or after an accident.

7) **Best Practices:**

Always wear your seat belt. Statistically they increase your chance of survival in an accident. Children should be placed in correctly installed car safety seats. However, minor family members are not permitted to be transported in State owned vehicles.

Do not drive under the influence. Each year 23,000 people die in drinking and driving related accidents. Drinking alcoholic beverages (and some prescription drugs) can impair your judgment, vision, and reaction.

Do not drive when tired. The NTSB states that driver drowsiness and fatigue cause 100,000 accidents each year.

Maintain your vehicle in good condition. Check the tires, brakes, headlights, taillights, and turn signals.

Obey the speed limit and maintain safe following distances, especially in severe weather conditions and darkness.

Use your turn signals well in advance of turning or changing lanes.

Drive defensively. Be aware of the drivers around you. If someone is driving aggressively or experiencing road rage avoid them, even if you have to pull off the road.

Be careful at intersections. Over 2/3 of all traffic injuries occur at intersections. Be alert when approaching intersections.

When using a cell phone, pull off the road in a safe place. Cell phone use was reported in 18% of distraction-related deaths in America.

If your vehicle has an Anti-Lock Braking System (ABS) and is approaching an obstacle press and hold the brake pedal. Gently steer around the obstacle.

Be careful when driving in highway and road construction areas. In NC there were 29 deaths, 2,500 injuries, and 6,200 crashes in construction zones. (2021 statistics)

Do not text or dial. Sending or receiving a text takes your eyes off the road

an average of 4.6 seconds. At 55 mph your car travels the length of a football field in that time. Texting is prohibited in State owned vehicles. The NC State Highway Patrol can and does get phone records to determine if a driver was texting at the time of an accident.



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NC DEQ Safe Driving Quiz



- 1) Name two things that might be monitored in a State-owned vehicle:
 - a)
 - b)

- 2) Name two places to be especially careful when driving:
 - a)
 - b)

- 3) Explain how to determine a safe following distance in the following conditions:
 - a) Good weather:
 - b) Rain:
 - c) Snow or ice:

- 4) True or false. In a minor accident in a State owned vehicle with no injury a police report is not necessary.



NC DEQ Safe Driving Quiz



- 1) Name two things that might be monitored in a State-owned vehicle:
 - a) speed
 - b) whether seat belt is fastened
 - c) location

- 2) Name two places to be especially careful when driving:
 - a) intersections
 - b) construction zones

- 3) Explain how to determine a safe following distance in the following conditions:
 - a) Good weather: your vehicle should reach a landmark no less than two seconds after the vehicle in front of you
 - b) Rain: your vehicle should reach a landmark no less than four seconds after the vehicle in front of you.
 - c) Snow or ice: your vehicle should reach a landmark no less than twelve seconds after the vehicle in front of you.

- 4) True or false. In a minor accident in a State-owned vehicle with no injury a police report is not necessary. FALSE



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