

PLAYING IT **SAFE**

Be safe and healthy on the job at PERSONAL ASSISTANCE OPTIONS with these helpful tips provided by Arbury Insurance Agency

Home Health Care: Preventing Driving-related Injuries

Helpful tips for reducing your risk of injury at work

When driving from client to client, home health care workers are at a high risk for motor vehicle-related injuries. Distracted driving, aggressive driving, lack of seat belt use, driving while tired or after having used alcohol or drugs, poor weather conditions and poorly maintained vehicles can all contribute to motor vehicle-related injuries.

Safety Tips for the Road

Follow these tips to stay safe while driving on the job:

- Wear your seat belt.
- Stop the vehicle before using a cellphone, whether to make a phone call or send a text message.
- Avoid distracting activities such as eating, drinking and adjusting the radio and other controls while driving.
- Avoid driving when you're feeling overtired.
- Use detailed maps to determine your route before you leave, or use a GPS.
- Have the vehicle checked and serviced regularly.
- Keep the gas tank at least a quarter full.
- Carry an emergency kit containing a flashlight, extra batteries, flares, a blanket and bottled water.

Follow these tips if you're driving and you encounter any of the following situations.

A tornado

- Get out of the vehicle immediately and go to the lowest floor of a nearby building or a storm shelter.

An earthquake

- Stop the vehicle as quickly as possible and stay in the vehicle. Avoid stopping near or under buildings, trees, overpasses and utility wires.
- Proceed with caution once the earthquake has stopped. Avoid roads, bridges or ramps that might have been damaged or destroyed by the earthquake.

A blizzard or ice storm

- Drive only if absolutely necessary. If you must drive:
 - Travel during daylight.
 - Keep others informed of your schedule.
 - Stay on main roads; avoid back road shortcuts.
 - Use snow tires or chains when appropriate.
- If a blizzard or ice storm traps you in the vehicle:
 - Turn on your hazard lights and hang a distress flag or help sign



Did You Know?

According to the Federal Highway Administration, almost 25 percent of car accidents every year are weather-related.

Seventy-four percent of weather-related accidents happen on wet pavement and during rainfall.

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from the radio antenna or window.

- Call 911 and your employer if you have a cellphone.
- Remain in your vehicle. Rescuers are most likely to find you there.
- Do not set out on foot unless you can see a building close by where you know you can take shelter.

