

Security Spot Light

An Informational Guide for Security Clients

Preventative Actions

Following the safety strategies can help improve driving outcomes. By wearing a seat belt, slowing down, staying sober, keeping both hands on the wheel, focusing on the road, and being aware of traffic, you can help prevent accidents and stay safe while driving.



Vigilance Behind the Wheel

As schools reopen and more people head into the office, Vigilance plays an increasingly important role in safe driving. Safe driving involves the ability to recognize and respond to potential dangers and hazards. Vigilance while operating a motor vehicle helps ensure motorists remain aware, alert and in control of the vehicle. According to the National Safety Council, the top three contributors to road accidents are speeding, impairment and distracted driving.

Model Safe Driving

Paragon and SCIS encourages all employees to improve their driving skills and knowledge. Public libraries, auto clubs, and motor vehicle agencies

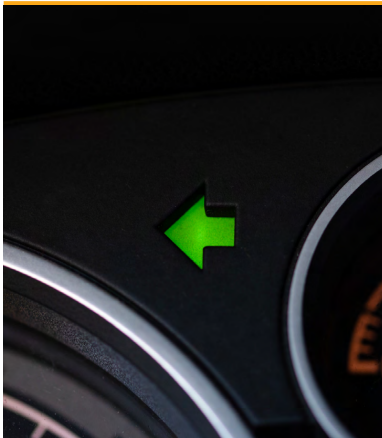
can provide helpful resources. Strategies to help you stay safe on the road include the following:

Plan your trip. Monitor weather and road conditions or traffic activity along your route. For longer trips, schedule frequent rest stops.

Ensure vehicle safety. Service your vehicle as recommended in the owner's maintenance manual. Before a trip, check tires, brakes, headlights, taillights, turn signals, wipers, and fluid levels. Clean mirrors, windows, and outside lights to improve visibility, and secure loose items.

Take breaks. Being well rested helps improve vigilance and responsiveness. Rest stops can improve focus and help you remain calm.

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Avoid Distracted Driving

Distracted driving describes anything that takes the drivers attention away from the task of driving and can include activities inside and outside the car. The largest study on the subject shows that more accidents are caused by drivers who are rubbernecking than by drivers who were distracted by passengers, radios, or cell phones. Safe drivers keep their eyes and full attention focused on the road, and both hands on the wheel.

Cell phones are a common distraction that contribute to many accidents. Studies show that texting while driving increases the likelihood of an accident by 23 times. The time it takes to read or send a text is equivalent to driving the length of a football field at 55 miles per hour while blindfolded.

Minimize distractions. Keep both hands on the wheel, both eyes on the road and your mind on the task of driving. Do not be distracted by internal or external activities and events.

Practice Vigilance. Maintain situational awareness by scanning the road for potential hazards. Watch for brake lights and check mirrors regularly. Be courteous to others. You share the road with pedestrians and other types of vehicles which may have different handling abilities.

Control your speed. Posted speed limits are for ideal driving conditions. Adjust speed as appropriate to accommodate traffic, road, and visibility conditions.

Keep your distance. Give yourself room to maneuver. Leave enough space to change lanes safely or be able to take evasive action in an emergency. Maintaining a safe distance between vehicles improves your ability to see and to be seen.

Signal others. Be predictable. Always use turn signals to indicate a turn or change of lanes. Use the horn or flash your headlights to establish eye contact, if warranted. Show appreciation with a wave or a flash of the lights.

Buckle up. Seat belts save lives, and wearing one is required by law in many states. Being properly secured helps you maintain control of your vehicle and be prepared to react to a hazardous situation. Buckle up and make sure your passengers do the same.



For more information on this and other security related topics, visit the Paragon Safety Awareness Knowledge Center at

<https://parasys.com/security-safety-tips/>