

# When You Get Behind The Wheel, Give Safety A Hand.

Whether it's delivering equipment, long-haul trucking or driving between work sites, driving is part of the job. This guide provides you with information you need to drive like a professional and stay safe on the road.

## 1 Everyone Buckle Up.

- Texas law requires drivers and passengers to wear a seatbelt.
- In 2014, 43.8 percent of drivers and passengers killed on Texas roads were not wearing a seatbelt.
- Fasten your seatbelt before you start the engine and make sure everyone in the car does the same.

## 2 Hands On The Wheel and Off The Phone.

- Never text, play games or handle your mobile device while driving.
- Use a hands-free device for your phone so that both hands remain on the steering wheel.
- When possible, turn off the phone until you reach your destination.
- Do not use the phone (even hands-free) when traveling in heavy traffic, construction zones, pedestrian areas, school zones or during severe weather.

## 3 Drive Rested. Stay Alert.

- Know the signs of tired driving—yawning, poor concentration, tired eyes, over-steering, poor reaction time, sleepiness and variations in driving speed.
- Get a good night's sleep before a long trip or beginning a work shift.
- Take regular breaks when driving long distances.
- Limit the number of hours you drive in a single day.

## 4 Control Your Speed.

- Obey posted speed limits.
- Adjust your speed to the road conditions. Go slower in construction zones, heavy traffic or when the road is wet or icy.
- Plan ahead, and give yourself plenty of time to reach your destination.
- Check local traffic reports prior to leaving to know whether to allow extra time or change your route.
- Forget the clock. It's better to apologize for being a few minutes late than drive too fast and cause an accident.

For more information on staying safe behind the wheel, go to [SafeHandTexas.org](http://SafeHandTexas.org).