

Motorists – Check the Safety of Your Way to Work!

Why bother? In “safe” jobs, the greatest risk is **falling accidents** or **traffic accidents** on the way to or from work. Just some bad luck – for example getting hit by a car when waiting for green lights – may cause neck or cervical spine injuries that often result in sick leave or disability for work. By improving driving styles and habits, you can minimise the risk of being involved in a road accident.

Also corporate ethicality and social responsibility is important in today’s business, thus companies are interested in setting examples in the motor traffic.

This test shows your level of safety. Get your result by ticking boxes as appropriate.

1. Please answer the following questions

		ok	improve
1	When cold outside, I always check the temperature meter at home before driving to work.		
2	I have no loose items in the driving compartment. All loose items are in the glove department or trunk.		
3	I always remove the ice/snow from all windows before driving, also the rear and side windows.		
4	I always fasten the seatbelt before driving.		
5	I always (when possible) park my car so I can drive away without reversing.		
6	When possible, I avoid reversing from the yard to the road.		
7	I have the most dangerous crossings on the way to work mapped in my mind.		
8	I have the most dangerous bicycle crossings on the way to work mapped in my mind.		
9	I always take a look in the rear mirror before braking.		
10	When coming to red lights, I break as early as possible in order to slow down vehicles behind me.		
11	Checking the rear mirror before stopping is a routine.		
12	If an unexpected situation occurs behind, I’m always prepared to move and steer clear in order to avoid collision.		
13	When driving in line, I pay special attention keeping a safe distance to the car in front of me all the time.		
14	If another car comes in the front of me I throttle back to keep a safe distance.		
15	I am not speeding.		
16	I don’t use my smartphone (in hand) when driving.		
17	I don’t eat lunch, comb my hair etc. when driving.		
18	I check the tyre pressure regularly, at least every two months.		
19	I know the correct tyre pressure recommended by the manufacturer of my car.		
20	I know how to use the pressure gauge on service stations.		

2. Count, how many ok ticks did you got: total amount of _____

3. Finally, what does this result tell about your driving:

0 - 9	High risk of collision, change your driving style or start using public transportation!
10 - 14	Normal risk of collision, by improving your driving style you can reduce the risks significantly.
15 - 17	Low risk of collision, you drive safely and have potential of becoming an excellent driver.
18 - 20	Very low risk of collision, you are an excellent driver!

What did you get out of this test? What should you improve yourself? Write down one example.

Keep a special attention to this (what you just wrote) for a one month period and try to improve it as much as possible. If you see all the trouble do this, it becomes a habit and it will continue automatically. Good luck!