

EMPLOYEE TRAINING RECORD

TRAINING TITLE BUCKLE UP - SAVE A LIFE

KEY TEACHING POINTS

- **According to the National Safety Council, more than 40,000 people lose their lives in motor vehicle accidents each year. Furthermore, 42% of all fatalities on the job involved transportation incidents. 20% of these were on the highway. The 1994 Bureau of Labor Statistics recorded 265 transportation related deaths in construction. These are staggering figures and they should open your eyes. Why? Because each one of us travels to and from work on a pretty regular basis all year long. This adds up to quite a significant number of hours that we spend on the road. We need to be reminded of the dangers so that we can avoid becoming accident statistics.**
- **Accident prevention through defensive driving is the best way to go. Your first line of defense is to make sure that you always wear your seat belt. Make it a habit to 'buckle up' before starting your motor vehicle. As the driver, it is your responsibility to be sure that all your passengers are wearing their seat belts. The second line of defense is to make sure that you do not operate a motor vehicle if you have been drinking alcohol. Drunk drivers kill and/or injure thousands of every year. Don't take a chance. If you partake of a few drinks with friends now and then, just be certain that a designated driver will get you home.**
- **Here are several suggestions to help you improve your defensive driving skills. Use your turn signals and don't weave from lane to lane. Be alert for cars or trucks straddling the center line, stopping abruptly, or responding slowly to traffic signals. Use your rear-view mirrors, observe signals and don't tailgate. Observe posted speed limits, both maximum and minimum, as driving too fast, or too slow, increases the likelihood of collisions. Always be prepared for the unexpected when operating a motor vehicle. Keep your eyes on the road and your mind on what you're doing.**
- **Good defensive drivers follow all the rules of the road. They recognize that speed kills. They are first to put their seat belts on. If you have developed poor driving habits there is no time like the present to change. Become a good defensive driver and not another highway accident statistic.**
- **REMINDER: Seat belt use is required by all occupants of vehicles.**

TEST

QUESTION	ANSWERS	
	TRUE	FALSE
1 42% of all fatalities on the job involved transportation incidents.		
2 Use your rear-view mirrors, observe signals and don't tailgate.		
3 Seat belt use is required by all occupants of vehicles.		
4 Good defensive drivers follow all the rules of the road.		
5 Make it a habit to 'buckle up' before starting your motor vehicle.		
EMPLOYEE'S NAME	EMPLOYEE'S SIGNATURE	DATE
INSTRUCTOR'S NAME	INSTRUCTOR'S SIGNATURE	DATE

1. True 2. True 3. True 4. True 5. True