BEFORE THE TALK PREPARATION TIPS

1. Plan to ask your workers if they have ever feared for their safety while walking to or from their vehicles or to or from bus and subway stops. Ask them what happened and if they learned any lessons.
2. Take a look at the exterior lighting around your workplace from a security standpoint. Would it be easy for someone to hide in the shadows and jump out at a worker? If lighting is inadequate, address this safety concern.
3. Consider inviting a security expert, such as a community policeman, in to talk to your workers about how to reduce the chances of being victimized during their commutes to and from work.

NOTES

AFTER THE TALK CHECKLIST

- ■ Provided extra training to workers who did poorly on quiz
  Date: _____
- ■ Observed workers
  Date: _____
- ■ Refresher training
  Date: _____
- ■ Other (describe)

Date: _____

Date: _____

Location: _____

Meeting conducted by: _____

MEETING WAS ATTENDED BY: Each participant is to sign below, for record kept on file.

Answers to T201502-04 Quiz:

1. True, 2. True, 3. True, 4. A

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Getting There Safely

Life can be rough. Traffic crashes, violent encounters and falls are only a few of the things that can happen suddenly and without warning. Even commuting to and from work can be a dangerous undertaking.

In this Safety Talk, you will learn more about commuting hazards and how you can lessen their impact on your life.

WHAT CAN GO WRONG

It was the end of the day and Angela was tired. She had worked a long shift and was ready to ease into her pajamas and watch her favorite television show before heading to bed. As she walked from the building to her car, she realized, with a start, that she was alone in the dark parking garage. She swallowed hard and rushed to her car.

While Angela wasn't attacked in the empty parking garage, late-night arrivals and departures, empty garages, and remote worksite locations are all causes for concern. Safety and security can be compromised by violence in these locations.

There are other commuting hazards, including arriving or departing on dark deserted streets when transit service is infrequent, or driving home when you are too tired to do so safely after a long shift.

While these dangers are reasons for concern, there are ways to secure your commute.

HOW TO PROTECT YOURSELF

Everyone wants to be safe from violence, traffic accidents, and falls. Protect yourself, and your commute, by implementing the following suggestions:

- **Start early:** Give yourself enough time to get to work so you don't speed or take unsafe shortcuts.
- **Don't drive when you are drowsy:** Driving while awake and alert is hard enough but driving while drowsy can be deadly. If you are too tired to drive, call a cab or a friend to come get you.
- **Maintain your vehicle:** Keep your vehicle well-tuned and in good repair. Before setting off on a trip, ensure your vehicle has plenty of fuel; its windows are clean; oil, brake fluid and antifreeze levels are topped up and tire pressures are set correctly.
- **Park to be seen:** Park your vehicle on well-lit streets near buildings and within sight of a guard or parking attendant.
- **Avoid slips and trips:** Once you are outside your vehicle, keep your eyes open for slip and trip hazards, including wet or rough pavement, unmarked curbs and poor lighting. Avoid these hazards when possible and use caution around them.

FINAL WORD

Angela made it to her car without being attacked. Safe but rattled, she swore that she would be more careful in the future. Whether it's an empty parking garage, uneven pavement, or slick roads, there is always some element of danger to your commute. The good news is that with some precautions, you can arrive and depart safely from work. ■

Meeting material to go: *Safety meeting materials such as presentation tips, PowerPoint presentations, quiz answers and more are downloadable at* ***www.SafetySmart.com***

TEST YOUR KNOWLEDGE

1. Dark and empty parking garages can be a security concern.
   ☐True ☐False
2. Commuting hazards include walking to or from work on dark, deserted streets and driving while tired.
   ☐True ☐False
3. To help ensure a safe commute, you should start out early so that you don't have to rush to arrive at work on time.
   ☐True ☐False
4. To keep your vehicle in good repair, you should:
   a. Make sure the lights and signals work properly
   b. Change the tires every 5,000 miles
   c. Keep a car repair kit in the trunk.

What Would You Do?

It has been a long day and the sun has set. Your car is parked two blocks away from where your office is located and you are by yourself. What should you do?