

Topic: **5 Point Driving System**

Five-Point Driving System. The Habits of Professional Drivers.

Most crashes are the result of poor driving habits. Good driving habits prevent injuries and save lives. Practice good driving habits at ALL times - on the job and off.

1.) Aim High In Steering

Look as far ahead as you can. Don't look only directly in front of your vehicle while driving. See potential problems well ahead of you so you have time to react. Visualize a safe path well ahead so you are prepared if problems occur.

2.) Get The Big Picture

Stay back and see it all. Do not follow so closely that it prevents you from seeing the big picture ahead. Stay back from the rear of a tractor-trailer or any large vehicle. Not following closely allows for smooth stops and turns, and buys you reaction time.

3.) Keep Your Eyes Moving

Avoid fixating on any one object. Keep your eyes moving. Make sure that you look to your rear every 5 to 8 seconds. Continually moving your eyes maintains your sense of awareness in all directions and driving conditions. Scan, don't stare. Keep eyes moving and scanning all around your vehicle; front, rear, sides. Scan from building to building, tree-line to tree-line.

4.) Leave Yourself An Out

Imagine an "escape route". Be able to recognize the path of least resistance quickly when a problem occurs. Leave yourself an out by creating space on all four sides - especially in front of you. Be prepared. Have a plan. Expect the unexpected.

5.) Make Sure They See You

Make sure other drivers see you. When necessary, you should communicate in traffic by using your horn, lights, and signals. Making sure they see you through communicating in traffic establishes eye-to-eye contact. Establishing eye contact confirms that others see you. At intersections, look at a driver's head and eyes to be sure they see you coming.

Also, remember to wear your seat belt at all times, and stay off your cell phone.

Notes: _____

Simple Safety Meetings® Leader Guide

Procedural recommendation for a Simple Safety Meeting® Leader:

- A. Prior to the meeting read the topic content to be sure you understand it.
- B. Make notes regarding specific company issues, policies or items for extra emphasis.
- C. Have each participant “sign in” on the participant information sheet prior to starting the meeting and the meeting clock.
- D. Hand out the “Topic Content” meeting sheet when the participant “signs in” making sure each participant has a pencil or pen for note taking.
- E. Instruct the participants to take their time and read through the content, taking their time to understand it and make notes about questions or suggestions they may have.
- F. Wait until everyone is done reading, asking the early finishers to please be quiet while everyone else finishes. (During this time it is a good idea for the leader to re-read the content so as not to appear to be paying attention to who are slow readers and fast readers. Do not embarrass slow readers, but encourage them to take their time to finish so they completely understand and can ask questions.)
- G. After everyone has completed reading and making notes, use a few moments to emphasize, clarify or restate any of the most relevant topic points.
- H. Ask the participants if they have any questions, suggestions or need any clarification.
- I. When the 10-minute bell goes off, the leader must be totally done, except answering questions from the participants.
- J. If another meeting is scheduled, remind everyone of the next meeting date and time.
- K. End the meeting by thanking the participants for their attention and questions.
- L. Remind the participants that working safely is a choice, and you (the leader) and the company wants them to make a conscious effort to choose to work safely

Our content is such that it can be passed out to the participants for them to read during the meeting. The leader’s function is to merely emphasize company specific points, ask if everyone understands the topic points and ask for comments and suggestions.

Our theory is that many shift level safety meeting leaders are not presenters and can feel uncomfortable making any sort of presentation in front of a group of people. However, shift level safety meeting leaders are typically knowledgeable in their area and can handle participant questions and suggestions quite well. The goal of any safety meeting is to communicate the information and make sure the participants understand the safety issues, procedures and policies at hand for your specific company.

Our approach is a simple one. Short, to the point meetings that last no longer than 10 minutes. In fact, we suggest having a standard kitchen timer at the meeting. As soon as the meeting starts, set the timer for 10 minutes. When the bell goes off, the leader’s portion **MUST** be concluded and the **ONLY** allowable discussion is participant questions, suggestions and comments.

Ideally, the topic content should be covered within 10 minutes, not including employee questions. After 10 minutes of presentation, employee’s minds begin to wander, thinking about the workday ahead, future plans in their personal life or just daydreaming.