



Five Minute Traffic Safety Strategies

The **Safety Coach** and **Tailgate Talk** are quick and easy tools to help you keep your employees safe on the road.

Safety Coach is designed for an office setting. You can use these at a staff meeting, incorporate into email communications and newsletters, or print for bulletin boards.

Tailgate Talks allow you to take the message on the road and connect with your employees in the field.



Safety Coach

Conversation Starter: In 2012, more than 10,000 people died in alcohol-impaired driving crashes - one every 51 minutes. Additionally, the Texas Department of Transportation survey showed the total costs of a DWI arrest and conviction - for a first time offender with no accident involved - would range from \$9,000 to \$24,000.

Making a difference: Play [this video](#) before your next staff meeting or safety talk, and start the conversation on the risk and consequences of driving impaired.



Buzzed Driving is Drunk Driving

Tailgate Talk

Conversation Starter: Three in every ten Americans will be involved in an alcohol-related crash at some point in their lives. Drunk driving is often a symptom of a larger problem: alcohol misuse and abuse.

Making a Difference: Speak to a supervisor or take advantage of employer and community resources if you are concerned about a co-worker, family member, friend or even yourself.

Here are some signs of alcohol abuse to watch out for:

- Consistently drinking too much despite obvious health effects.
- Driving under the influence.
- Drinking while at work.
- Arriving late consistently to school or work due to drinking.
- Displays aggression or frustration over concerns about

drinking habits.

- Becoming violent or harming others after drinking.
- Feeling great guilt or regret after drinking.
- Drinking alone or in secret.
- Desiring a drink to make oneself feel at-ease.
- Scheduling an entire day around drinking/drinking events.
- Drinking routinely everyday (creating a ritual of drinking).
- Blacking out from drinking.
- Losing interest in alcohol-free hobbies, activities, and passions.

Questions?

Contact [Lisa Robinson](#), CFLE, Program Manager, Texas Employer Traffic Safety Program, (512) 466-7383



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