



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.

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Safety Coach

Conversation Starter:

As road deaths have dropped steadily all across the United States for decades, they've rebounded in Texas. Many attribute these increases to the oil drilling and fracking boom, increasing the amount of traffic and strain on drivers pulling long shifts behind the wheel. Drowsy driving presents a serious issue with deadly consequences, as recently seen in this [horrific crash](#).

Making a difference:

- Educate employees on the dangers of Drowsy Driving

with [this video](#).

- Play the [Drowsy Driving Quiz video](#) at your next safety meeting.

Tailgate Talk

Conversation Starter:

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Making a difference:

Share the following tips with your employees.

Learn to recognize some of the symptoms of fatigue, such as:

- * Eyes closing or going out of focus
- * Persistent yawning
- * Irritability, restlessness, and impatience
- * Wandering or disconnected thoughts

- * Inability to remember driving the last few miles
- * Drifting between lanes or onto shoulder
- * Abnormal speed, tailgating, or failure to obey traffic signs
- * Back tension, burning eyes, shallow breathing or inattentiveness

Use these quick tips for preventing drowsy driving, or handling fatigue when it hits:

- * Maintain a regular sleep schedule that allows adequate rest.
- * Take a short nap in a well-lit area. Do not simply stop on the side of the road.
- * Avoid driving between 12am and 6am
- * When planning long trips:
 - o Share driving responsibilities with a companion
 - o Begin the trip early in the day
 - o Keep the temperature cool in the car
 - o Stop every 100 miles or 2 hours to get out of the car and walk around; exercise helps to combat fatigue
 - o Stop for light meals and snacks
 - o Drive with your head up, shoulders back and legs flexed at about a 45 degree angle

Upcoming Training Opportunities

The Our Driving Concern program works with employers across the state to provide a free, 4-hour train-the-trainer workshop, during which our master trainer takes participants through a series of interactive modules.

The following training opportunities are **free and open to members of the public**, all you need to do is register by clicking on the training below.

[Register Now](#): Houston ODC Workshop,
Oct. 2, 8:30 a.m. - 12:30 p.m.

[Register Now](#): Waco ODC Workshop,
Oct. 6, 8:30 a.m. - 12:30 p.m.

[Register Now](#): Ft. Worth ODC Workshop,
Oct. 7, 8:30 a.m. - 12:30 p.m.

[Register Now](#): Pharr ODC Workshop,
Oct. 17, 8:30 a.m. - 12:30 p.m.

[Register Now](#): San Angelo ODC Workshop,
Nov. 3, 8:30 a.m. - 12:30 p.m.

[Register Now](#): Lufkin ODC Workshop,
Nov. 6, 8:30 a.m. - 12:30p.m

Questions?

Contact [Lisa Robinson](#), CFLE, Program Manager, Texas Employer
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