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### 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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