

LESSON 3

SAFE DRIVING

Concentration SAVES LIVES! This idea especially applies when we drive a vehicle. Most of the incidents involving vehicles occur due to human error, usually due to a lack of concentration or attention in what is happening on the road or area of operation and surrounding conditions.



For this reason, we want to reinforce 5 keys of safe driving provided under the Smith System™ methodology:

1. AIM HIGH IN STEERING®

It's like looking into the future. When driving we must **pay attention to everything happening on the road**, and not just what is a few meters ahead. **This will allow you to detect risk** situations and be able to **TAKE ACTION** in advance, with enough space and time to avoid getting involved in a road incident.

2. GET THE BIG PICTURE®

We must always **be aware of what is happening around us while driving**, observing what other drivers and/or pedestrians are doing. Constantly checking the mirrors of our vehicle will help us detect relevant situations that may become risks. In addition, it is important to keep enough distance with the vehicle in front of us to have a good **REACTION SPACE** in case of an unexpected event.

4. LEAVE YOURSELF AN OUT®

Do not get yourself in a situation **where you cannot escape**. Try to leave at least one space around your vehicle and the others to be able to move, avoiding getting boxed between others with no chance of getting out of an unexpected situation. You can achieve this by keeping a **SUITABLE DISTANCE** from other vehicles and anticipating the actions of others.

5. MAKE SURE YOU ARE SEEN®

Never assume that other drivers and/or pedestrians see you. **Make sure other road users have seen and understood your driving intentions** (for example, your intention to turn right or left at an intersection). To do this, **MAKE EYE CONTACT** and rely on the vehicle's warning devices, such as: **turn signal lights, blinker lights, brake lights, headlights, horn, etc.**

3. KEEP YOUR EYES MOVING®

Being alert while driving is vital, which is why our eyes are an essential tool and we must keep them in continuous movement applying keys 1 and 2, allowing our mind and body **TO STAY ALERT**. An important recommendation is not to fix our gaze for more than 2 seconds on something, because we could **lose focus** on driving.

Review what **SAFE DRIVING TRAINING PROGRAMS** are available to you, with the SISO professional of your operation.

EXTRA LESSON!



Lately technology has given us different tools to facilitate our work and connect digitally, especially during the COVID-19 pandemic. **However, the inappropriate use of technological tools exposes us to unnecessary risks.** An example of this is the use of "hands-free" or the cell phone connection systems for vehicles.

When we are driving while talking on the phone, **where is our attention really?**

The answer is that our attention is divided, and we are not totally focused on driving, and **PUTS US IN DANGER OF BEING UNABLE TO IDENTIFY THE RISKS** on the road and react in time.

Telephone conversations, whether personal or for work, that take place in a vehicle **MUST ONLY TAKE PLACE WHEN THE VEHICLE IS COMPLETELY STOPPED AND IN A SAFE PLACE.**

Have you thought about the possible consequences for you, your family, and others resulted of distracted driving?

Remember one our H&S principle: **"Wherever you go, bring safety with you".**

Now we want to invite you to discuss the importance of safe driving with your teammates and family.

I TAKE ACTION FOR MORE GREEN DAYS!



*This is a publication led by the H&S area. If you have comments or concerns, contact the H&S leader of your facility or write to: joel.zelaya@argos.co



We invite you to register your participation in the socialization of this Lesson **here**.

I PROMISE MORE GREEN DAYS