

ABC'S of Vehicle Safety



Always Be Careful on
Brethren Disaster Ministries Projects

Motor vehicle accidents are the largest single cause of accidental deaths both on and off the job - and a major cause of serious injuries.

Motor vehicle safety awareness will help protect your life and your health!

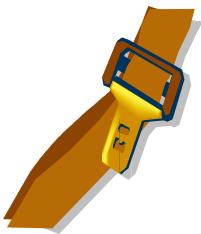


Brethren Disaster Ministries wants and expects you to learn and follow commonsense vehicle safety rules whenever you operate or ride in a motor vehicle including all BDM vehicles.

These are the facts

- Someone dies in a motor vehicle accident every **11** minutes,
- Each year, motor vehicle crashes cause about **2,100** occupational deaths,
- Motor vehicle accidents cause **91,000** lost-workday injuries every year.

Motor vehicle accidents can happen anywhere, in any type of vehicle. Always follow these rules if you drive or ride in a Brethren Disaster Ministries vehicle.



- Wear a safety belt whenever you're in a moving vehicle
- Participate in driver safety awareness training

Buckle up for safety!

Brethren Disaster Ministries requires all volunteers, passengers and drivers, to wear a safety belt in BDM vehicles. And most states require it whenever you're in a moving vehicle.

It's believed that if everyone wore seat belts, the number of traffic deaths and serious injuries would be cut in half.

Seat belts save lives and prevent injuries because they keep you in your seat if you crash. This means:

- You won't go into the windshield, dashboard, steering wheel, or another person.
- You will take most of the impact in your shoulder and hipbones, not delicate organs.
- You are more likely to stay conscious and able to help yourself and others.

Even if you're not in an accident, seat belts help keep you in place if you must suddenly swerve, brake, or accelerate.

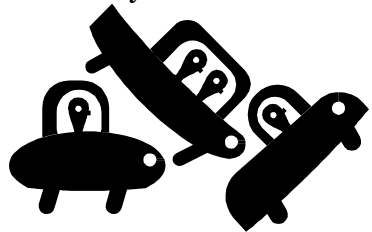
Buckle up every time you get into a vehicle; most accidents happen close to home – or work. No trip is too short to risk not using a safety belt!

Do it right!

Just like the other equipment you need on the job, safety belts have to be used right to work right.

Your shoulder belt should pass over your collarbone and across the front of your chest – not behind your back or under your arm.

Your lap belt should be low, across the bony part of your hips.



Belts should fit snugly - if there's too much slack, they won't hold you in place.

Airbags will protect you only in a head-on crash. You still need shoulder and lap belts for full protection. You might be knocked out of position by an impact from the side.

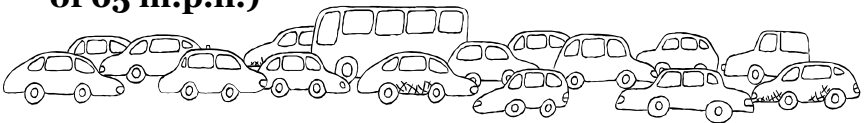
Drive smart – Drive safe

Be a defensive driver.

Be constantly alert for traffic, road and weather conditions that could be hazardous. Think ahead to what could happen. And always keep your mind on your driving and your eyes on the road – whenever you're driving.

Here are some sensible driving rules.

- Stay at least **three** seconds behind the driver in front – more in bad weather or at night.
- Pass on the left, but only where it's permitted and where you can see enough clear space to pass comfortably.
- Be especially alert in heavy traffic – for sudden stops, cars passing or moving in and out of lanes, debris, construction, or potholes.
- Constantly check rearview and side mirrors for approaching traffic.
- Come to a full stop at STOP signs and obey all other traffic signs and signals.
- Obey the speed limit and other rules of the road. **(BDM vehicles must not be operated at speeds in excess of 65 m.p.h.)**



- Yield the right-of-way.
- Use windshield wipers, lights, and defroster in rain and snow.
- Turn on headlights as soon as it starts to get dark.
- Always expect the other driver to do the unexpected.
- Do not use cruise control on wet roads (using cruise control on wet roads can increase the risk of hydroplaning and wrecking)
- **Cell phones may not be used by drivers when operating BDM vehicles.**
- **Drivers of BDM vehicles must be 21 years of age or older and possess a valid driver's license.**

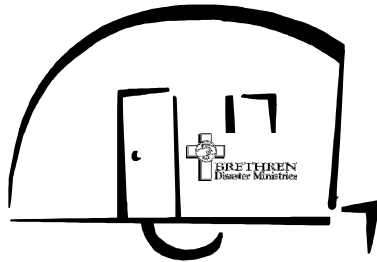
Don't overload vehicles with goods or people!

Every vehicle is rated for load capacity. Overloading a vehicle can greatly increase the risk of an accident – even if you're just traveling a short distance on a job site.

Overloaded vehicles can not stop as quickly as needed and tires may overheat and blow out.

Vehicles should not be packed so full that the driver's rear and side vision is blocked. And too many people in a vehicle means some of them won't have seat belts available.

On the job site or on the road – don't overload!



Towing Safety

- Check all trailer lights and turn signals to be sure that they are working properly.
- Be sure all tires are in good condition and properly inflated.
- Be certain the proper ball and hitch are used for the trailer. (most BDM trailers require a 10,000 lb. hitch with a 2-5/16" Ball) (contact the BDM offices if you are unsure)
- Connect, test and adjust the electric brake controller properly even for short trips.
- Adjust mirrors to properly accommodate your trailer and avoid blind spots.
- Always connect the trailer safety chains even when traveling short distances
- Drive at slower speeds when towing.

Maintain your vehicle for safety

Follow Brethren Disaster Ministries' inspection rules carefully, and keep each vehicle's maintenance schedule/record up-to-date (white ring binder in glove compartment).

Here are some things to look for each time a Brethren Disaster Ministries vehicle is used:

- Are tires in good condition and is the air pressure correct?
- Are lights and signals clean and working?
- Are oil and antifreeze/coolant at proper levels?
- Do any belts or wires look frayed?
- Do shock absorbers show any signs of leaks?
- Is the braking system in top working order?



Drinking or drugs + Driving = Accidents.

Alcohol and other drugs
(even many cold remedies or prescription medicines) can:

- Slow your reaction time
- Blur your vision
- Reduce your ability to determine distance
- Impair your judgment – especially about how well you're driving

Drinking and illicit drugs are always prohibited at Brethren Disaster Ministries' projects. Even if you're not at a BDM project, make it a rule never to drink or take any kind of drug (even legal ones) if you're going to drive.

If you take a cold remedy or prescription drug, check the label to find out if it will affect your driving ability. If there's no label information, ask your doctor or pharmacist about possible effects.

Don't take chances behind the wheel! You're in the driver's seat.

Brethren Disaster Ministries provides you with good equipment and sensible safety rules. But they can only prevent accidents if you use them.

(If you are in an accident; call the police immediately and fill out the *motor vehicle accident report* found in the white ring binder of each BDM vehicle.)



Take your motor vehicle safety responsibilities seriously. Your life is on the line.

Drive and Ride Safely

- Follow all Brethren Disaster Ministries' vehicle policies
- Abide by all state and federal regulations.
- Always buckle your safety belt in a moving vehicle.
- Obey traffic and motor vehicle laws, signs, and signals.
- Practice defensive driving.
- Be an alert driver.
- Never drink or take drugs and drive.
- Be a safe and courteous passenger; let the driver concentrate on driving.

Test Your Vehicle Safety Knowledge

QUIZ

Directions: Circle **T** if the statement is true or **F** if the statement is false.



1. **T F** Motor vehicle accidents are the largest single cause of accidental deaths both on and off the job.
2. **T F** If everyone wore seat belts the number of traffic deaths and serious injuries could be cut in half.
3. **T F** Seat belts do not need to be worn by all occupants in BDM vehicles.
4. **T F** If your vehicle is equipped with an airbag, you do not need to wear a safety belt.
5. **T F** You should stay at least three seconds behind the driver in front – more in bad weather.
6. **T F** Overloaded vehicles may not be able to stop as quickly as needed, and its tires may overheat and blow out.
7. **T F** BDM vehicles must not be operated at speeds in excess of 65 m.p.h.
8. **T F** It's OK to take medicine before driving if it's been prescribed by a doctor.
9. **T F** Cell phones may not be used by drivers when operating BDM vehicles.
10. **T F** Drivers of BDM vehicles must be 21 years of age or older and possess a valid driver's license.

Name: _____

Signature: _____ Date: _____

For the correct answers, turn this page upside down.

1. T 2. T 3. F 4. F 5. T 6. T 7. T 8. F 9. T 10. T