

Accident Prevention

Objective: To be familiar with the common causes of accidents and to know best practices for prevention

Vehicle crashes are the **leading cause of death** for people in the United States between the ages of 4 and 40.

Common Hazards Leading to Accidents

- 1. Distractions:** Distractions, such as phones or passengers, can lead to serious accidents.
 - A distraction is **anything** that draws the driver's attention away from the road.
 - 20 – 30% of all vehicular crashes are caused by some sort of distraction.
- 2. Aggressive driving:** To prevent accidents, be courteous and share the road with others.
 - Aggressive driving may include excessive speed, failure to yield to traffic controls, failure to yield right-of-way, and other inappropriate driving techniques.
 - 20 – 30% of all accidents are caused by aggressive driving.
- 3. Impaired driving:** Impaired driving due to drug or alcohol use is the leading cause of vehicle accidents, accounting for 40%.
 - Depending on the type and amount, drugs and alcohol can affect vision, cause dizziness, and impair judgement.

Prevention

Follow these best practices to minimize the chance of accidents:

- Eliminate distractions.
- Never drive under the influence of drugs or alcohol.
- Obey traffic safety laws.
- Be courteous to others.
- Keep your vehicle in good mechanical condition.

Accident Prevention

This form documents that the training specified above was presented to the listed participants. By signing below, each participant acknowledges receiving this training.

Organization: _____ Date: _____

Trainer: _____ Trainer's Signature: _____

Class Participants:

Name: _____ Signature: _____

Name: _____ Signature: _____

Name: _____ Signature: _____

Name: _____ Signature: _____

Name: _____ Signature: _____

Name: _____ Signature: _____

Name: _____ Signature: _____

Name: _____ Signature: _____

Name: _____ Signature: _____

Name: _____ Signature: _____

Name: _____ Signature: _____

Name: _____ Signature: _____

Name: _____ Signature: _____

Name: _____ Signature: _____

Name: _____ Signature: _____

Name: _____ Signature: _____