

# How Risky is Your Driving at Work?

While driving at work, are you road ready?

	Never (2 points)	Sometimes (1 point)	Always (0 points)
1. Are you well rested and relaxed?	_____	_____	_____
2. Do you allow yourself plenty of time to get to a destination without speeding or driving aggressively?	_____	_____	_____
3. Do you wear your seat belt?	_____	_____	_____
4. Do you adjust your mirrors and seat, select climate and radio/CD controls before driving off?	_____	_____	_____
5. How's your visibility? Is your windshield clean, do your wipers work well?	_____	_____	_____
6. Before getting behind the wheel did you check the traffic, roadway, and weather conditions on your route?	_____	_____	_____
7. Do you have at least a half tank of gas and properly inflated tires with good tread?	_____	_____	_____
Total = _____			

	Never (0 points)	Sometimes (1 point)	Always (2 points)
8. Do you use a cell phone while driving?	_____	_____	_____
9. Do you drive through school zones, construction/work zone, or areas with pedestrians?	_____	_____	_____
10. Are you driving on congested roadways?	_____	_____	_____
11. Do you eat while driving?	_____	_____	_____
12. Do you have passengers, especially children, that demand your attention while driving?	_____	_____	_____
13. Are you driving on rural roads with narrow lanes, sharp curves, and trees close to the shoulder?	_____	_____	_____
14. Do you groom yourself while driving?	_____	_____	_____
15. Are you busy preparing for work once you reach your destination?	_____	_____	_____
<b>Total =</b> _____			
<b>Grand Total</b> _____			

Being road-ready lowers your risk of accidents. A low score (0-4 points) indicates that you make safe driving your number one priority. If you scored over 5 points, it indicates that your driving is risky, and you need to learn actions that will lower your risk.

The Texas Department of Insurance has the following publications available on our website at [www.tdi.state.tx.us](http://www.tdi.state.tx.us) :

- Driving Distractions Factsheet
- Safe Driving Take 5
- Defensive Driving Take 5

Remember to practice safety. Don't learn it by accident.

Developed with information from the Network of Employers for Traffic Safety and the Texas Department of Insurance, Division of Workers' Compensation.

provided by  
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