

What Should Road Workers Remember?



Road workers face special driving hazards. Construction vehicle operators should:

- Keep cab clean to prevent slippery pedals and debris under brake pedal.
- Keep all window glass clean and in good repair to prevent distortion.
- Make sure all cargo is secured to prevent it from striking the cab.
- Be careful changing lanes. Change only when necessary.
- Keep a safe distance from vehicles in front of you.
- Back up as little as possible.
- Be especially cautious at rail crossings.

What Should Road Workers Remember After a Night Shift?

Night work is not normal. You must compensate. Your health habits can make a huge difference.

On the work site, eat protein-rich foods and avoid sugars and fats. Drink plenty of water and avoid caffeine.

Only if you need it, drink coffee or another caffeinated beverage *after work* to help get you home.



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Safe Driving



How Do We Drive Safely?



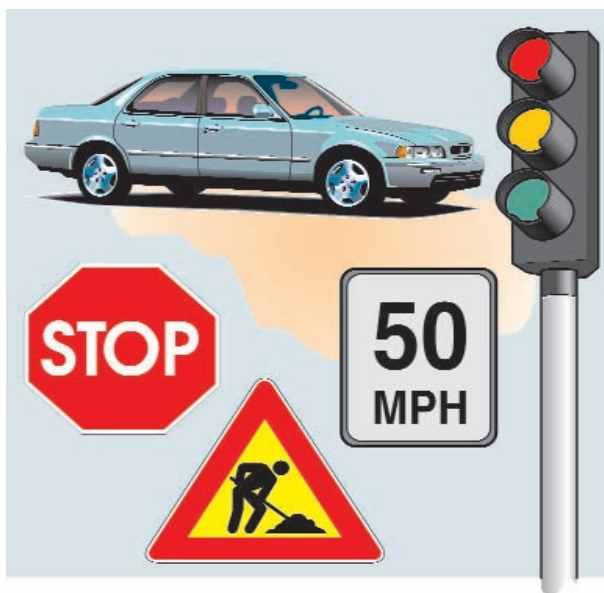
Each year many road construction workers die driving to or from work or between work sites.

Like other motorists, road construction workers should follow safe driving tips.

Safe driving tips include:

- Check the vehicle to make sure all safety devices (brakes, turn signals, headlights, tail lights, horn) are operable and effective.
- Adjust the mirrors to give yourself optimal views.
- Always wear your seatbelt.
- Avoid distractions — don't eat, drink, or talk on cell phone — pull over or ask passenger to make calls.

- Don't drive if you are drowsy or drunk. Even some prescription and over-the-counter (OTC) drugs can affect your driving.
- Don't speed. Go at or below posted limit — slower in bad conditions.
- Buy vehicles with front and side air bags and ABS brake system.
- Drive defensively.
- Avoid aggressive driving. For example, avoid quick lane changes and tailgating.



- Map out a route ahead of time if you are unfamiliar with where you are headed.



- Never let anyone ride in the bed of your pick-up truck.

