

TRANSPORTATION MANAGEMENT

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RECKLESS DRIVING COACHING TOPIC

The Issue

Usually when someone thinks you are driving recklessly, they have observed you doing some activity or maneuver that does not seem rational. This may be a result of your being fatigued, stressed, angry, or otherwise impaired. Or it may be the result of inattention or distractions that may have caused you to commit a reckless driving act.

Our Concern

If in fact you are driving recklessly, you may be doing so because of various factors that can be controlled. Safety experts agree that impaired drivers are responsible for 40% of all accidents. Impairment can be alcohol or drug related, stress related, fatigue related, or the result of over-the-counter medications. Other sources of impairment are mental distractions due to personal issues. Regardless of the cause, you need to be focused on the current task, which is driving. The goal of all drivers needs to be driving safely and responsibly. You, as a professional driver, need to be an example for others.

Relax and don't let the attitude(s) of others determine how you drive. Take appropriate rest breaks. REMEMBER, "No job is so important and no service is so urgent that we cannot take the time to perform our work safely." (Quote taken from Ameritech).

A Solution

To reduce stress in your life that may result in reckless driving behavior, be sure to take advantage of some of the following suggestions:

- Get an appropriate amount of rest each day (usually at least 8 hrs. sleep)
- Avoid alcohol and other stimulants
- Leave personal problems at home
- Regularly exercise...walk around the vehicle, take several deep breaths, do some stretching exercises. Attempt to stay physically fit
- Watch your posture...sit up straight...keep yourself alert
- Eat moderately when you know you will be going right back out onto the road
- Don't let the actions of other drivers get to you
- Be professional in all that you do