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**Intellectual Output 1**



**HEALTH & SAFETY AT WORKPLACE:**

**DRIVING**

**INTRODUCTION**

From this unit you will learn: safety tips for drivers, what to do if you’re in an accident and how to park like a pro.

**DISCUSSION QUESTIONS**

Why is driving an important aspect of an engineering job? Should driving classes be included in the engineering studies syllabus? Why (not)? Do you know how to behave when the police stop you?

**READING**

**Read the safety tips below. Choose your top three. Justify your opinion.**

### Safety is something that drivers should keep in mind at all times. Before you start the engine and put the car in gear:

1. **Ensure proper vehicle maintenance**. Make sure that your automobile stays in good working condition. Keep fluids topped off, perform the scheduled check-ups and engine service. Make certain tires have plenty of air and the vehicle's exterior lights are functional at all times. In winter keep an [emergency kit](https://blog.nationwide.com/how-to-winterize-a-car/) in the trunk of your car – including blankets, a first aid kit and jumper cables.
2. **Secure cargo** that may move around while the vehicle is in motion. Don’t attempt to retrieve items that fall to the floor. And have items needed within easy reach – such as toll fees, toll cards and garage passes.
3. **Plan your travel route** ahead of time. This way you’ll avoid struggling with the GPS navigation while driving. Build time into your trip schedule to stop for food, rest breaks, phone calls or other business. Avoid driving when you're tired. And last but not least, make sure your cell phone is fully charged and that your car always has a full tank of gas.
4. **Buckle Up**. Trivial as it is, wearing your seat belt is essential. Not only are you more likely to get injured in an accident if your seatbelt isn’t fastened, you can also be fined for failing to do so. Adjust your seat, mirrors and climate controls before you exit the parking lot..

While driving:

### Use common sense and drive “defensively”. Be aware of what other drivers around you are doing, and expect the unexpected. Assume other motorists will do something crazy, and always be prepared to avoid it. Also, use headlights to make your vehicle more visible.

1. **No multitasking.** Driving is a multitasking challenge itself. You have to be alert not only to operate the vehicle but also to observe the traffic situation. So keep 100% of your attention on driving at all times. Don’t use your phone or any other device while behind the wheel. Dangerous distractions include: looking at the map, writing text messages, changing CDs or radio stations, eating and interacting with your passengers.
2. **Stay alert and avoid assumptions**. Be cautious about your actions and observe the drivers around you. Don't make the mistake of assuming that other drivers are going to do what you have in mind, e.g. that everyone will yield to you even when they should. Regardless of who has the right to go, yield if it seems that the other driver may not be observing standard practices.
3. **Be predictable**. Share the road with others graciously, recognizing that all drivers deserve to be treated with respect. Take care to ensure they are able to predict your actions to maximize safety. Don't make sudden stops. Always use caution when changing lanes. Cutting in front of someone, changing lanes too fast or not using your blinkers may cause an accident or simply upset other drivers.
4. **Follow traffic lights and signs.** Obey all the traffic rules. When you see a stop sign or a red light, come to a complete stop even if the only vehicle on the road is yours.  Respect yellow lights  - it’s not a sign to step on the gas to rush through an intersection before the light turns red. When other drivers has the right of way, be sure to yield to them.
5. **Obey speed limits**. The restrictions placed on vehicle speed are not established arbitrarily to exercise your patience. Instead, they are carefully selected to maximize safety for drivers and for individuals. Some roadways are designated as low-speed zones. These include areas with high pedestrian traffic, such as school zones and streets with lots of intersections close together. Speeding gives you less time to react and increases the severity of an accident. So simply slow down.
6. **Make adjustments for weather**. When the weather is less than perfect, such as rainy, snowy, or foggy conditions, use extra precautions and follow guidelines for staying safe in the particular situation you are facing. Always keep a 2-second cushion between you and the car in front of you. If the weather is bad make that 4 seconds.
7. **Never drive under the influence**. Driving after drinking too much alcohol or taking drugs is known as Driving Under the Influence (DUI) or Driving While Intoxicated (DWI). Even so-called "buzzed driving" is still drunk driving and can be just as dangerous. Stimulants slow your reflexing, temporarily lower your mental acuity and can thus compromise your ability to control a vehicle properly. Drunk driving is a misdemeanour or a felony which may lead to expensive consequences, including spending time in jail, a suspended driving licence and fines. If you hit and/or kill someone while you are driving impaired, the consequences are even worse. It's also illegal to have an open container of alcohol in your car. If you're transporting alcoholic beverages, they should be sealed and in the trunk. Additionally, be aware that some prescription or non-prescription medications cause drowsiness and make operating a vehicle very dangerous.

### VOCABULARY PRACTICE

**The highlighted words got mixed up. Put them back into the correct places.**

WHAT TO DO

* WHEN IN AN ACCIDENT

Above all, stay calm and firstly make sure no one in your car is injured. Next, check on the passengers in the other vehicles involved, pedestrians and anyone else nearby to make sure they’re OK. Always stay at the scene but if you're on a busy motorway, stay inside the car. If the accident is more serious or there are people injured, call 112 or the local police immediately. They'll dispatch an officer and medical personnel to the scene of the accident. If it is just a minor crash, exchange contact and insurance information with the other driver. If possible, also get the name and phone numbers of witnesses. Contact your insurance provider to report the claim. Your agent will ask you for the paperwork regarding the accident, and will give navigate you how to get your car fixed.

### WHEN PULLED OVER BY THE POLICE

If you notice a police car following you with the lights flashing or a uniformed policeman with a hand-held stop sign, pull over to the side of the road safely and quickly. Wait inside your car for the officer to approach. Keep your hands visible, preferably on the steering wheel and, if needed, turn on your interior light. Don't reach under the seats or into the glove compartment as it may cause the officer to think you're reaching for a weapon or hiding something. The officer might ask you to provide necessary documentation - your licence, the registration (logbook) and proof of insurance. Sometimes you might be asked to perform a sobriety test (like performing some physical movements or breathing into an alcohol sensor). If you are asked to step out of your car, do so without sudden or threatening movements. Don't become argumentative, disorderly or abusive − and never attempt to bribe the officer.

**FURTHER PRACTICE**

**When parking your vehicle**, always be mindful of handicapped signs, fire hydrants, bus stop zones, parking restrictions for certain times of day, and parking spots that require permits. Just remember to heed all of the signs Even if you have to circle the block a couple times, it sure beats getting fined or having your car towed.

To get some more advice from a professional driver, watch the video:

[7 Main Tips for New Drivers from Professionals - YouTube](https://www.youtube.com/watch?v=gvim3YjvRp8)

Answer the questions:

1. When adjusting your seat, what is the best incline? **100-110°**
2. Sitting comfortably in the driver’s seat, what should you see in the side-mirrors? **glimpses of the side of the rear fender**
3. What is the proper hands’ position? **slightly lower than your shoulders and placed on the wheel at 9 and 3 or 8 and 4**

Complete the missing phrases in the text about perfect parking:

**45° parking**: you’ll need this trick whenever you pull into a parking lot and the spots are kind of slanted. The spots should be slanted down toward you, 1C.not away from you. Move to your left as far as you can. Keep moving until your right side-view mirror is lined up with the left taillight of the car on your right-hand side.

**Perpendicular parking**: watch out for incoming cars first! The further you are to your left, 2E. the easier it’s going to be. Align your right side-view mirror with the right line of the parking spot. Then, cut the wheel to the right, and pull in! Turn the steering wheel to the left and 3G. straighten the car.

**Backing into a parking space**: locate the spot you’re going to back into and 4J.drive 2 spots past it. Then make sure drivers around you know what you’re about to do. Flip on your blinker, and 5B. before going into reverse, make sure to look out for oncoming vehicles from the front and approaching ones from behind. Check your mirrors and 6H.throw her in reverse. Don’t 7D.crash into the curb or parked car behind you.

**Parallel parking**: make sure the spot you want to park in is one 8I.your car will fit into (one and a half times the length of the car). Drive forward until your car is next to the one in front of the parking spot - car #1. Look over your right shoulder and drive backward in a straight line. Once you can see the back of car #1 in the right corner, 9A.turn the wheel to the right and slowly begin to back your car into the space. Look into the left-side mirror when you can see the full front of the car 10F.behind the spot. Now straighten out the steering wheel and back the car in a straight line. Using the right-side mirror, when you see the taillights on car #1, turn the steering wheel left, and you should be moving into the parking space. Check your nerves. Breathe.