Job site: _____   Date: _____

Foreman: _____   G.C. _____

SMOHIT Safety Sense
Toolbox Talks for the Sheet Metal Industry

Correct Driving Positions

- Driving for long periods of time can cause stress and fatigue. It is important that you check your seating position before you begin driving to control these conditions.

- Sit with you shoulders comfortably back in the seat and hold the steering wheel at the three o'clock and nine o'clock positions, with your arms slightly bent. Keeping your hands on the outside of the wheel means they are less likely to be forced off in a frontal crash.

- Once you adjust your seat to a comfortable position, adjust your mirrors and your headrest. Remember to buckle your seat belt before you even start your engine.

- There are three things to remember when using your mirrors:

  o Check the adjustment of your mirrors to be sure you are getting the maximum field of view.

  o If you have flat and convex mirrors, note the field of view of each type and how much overlap of fields there may be.

  o Make sure the mirrors are tight after adjustment so that they do not move while you are driving.

- Your legs should be close enough to the pedals that you can switch from the gas to the brake without moving your heel from the floor.

- When braking, if you have an anti-lock break system (ABS), press down hard on the brake and keep it depressed. Do not pump ABS brakes, as this could worsen the situation. If you do not have ABS, you may pump the brakes by pressing and lifting your foot on and off the brake pedal.

- Like any piece of machinery you may operate, an automobile will respond better in situations if its devices are properly adjusted, and you are comfortable in reaching the controls.

Instructor Tips

- **Emphasize that workers' safety in a vehicle hinges on driver awareness and correct positioning of components, such as mirrors, seats, and steering wheel.**

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Reference: DOL 29 CFR 500.100