Job site:	Date:
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SMOHIT Safety Sense Toolbox Talks for the Sheet Metal Industry

Driving on Expressways

- Multiple lanes of traffic and high speeds are two things that increase the probability of accidents on expressways. With increased traffic and speed, you need to also increase your alertness when driving on urban expressways.
- When merging onto an expressway, you need to use good timing and judgment. When entering onto the ramp, adjust your speed so that you can shift from the acceleration lane at the same rate as the moving traffic. Keep a safe distance between you and the vehicle ahead of you. Signal your intention to merge, be on alert for any hazards, and slowly move into the traffic lane.
- Once you are on the expressway and decide to change lanes, make sure there is enough room between you and the other vehicles and check to make sure that no other vehicles near you are planning to move. Check your side and rearview mirrors and physically look over your shoulder for other vehicles. When you think it's clear, signal and move smoothly into the lane. Never slow down when you are in the process of changing lanes.
- Know which exit you will be using ahead of time and get into the proper lane. Most exits have deceleration lanes that allow you to slow down to prepare getting off the exit. Keep in mind that slowing down while still in traffic is a big hazard. Watch for signs that indicate ramp speed and follow them carefully. Be aware of sharp turns and curves when exiting the expressway.

Instructor Tips

 Emphasize the importance of defensive driving on expressways, as you may never know what another driver is about to do.

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Reference: National Institute of Occupational Safety and Health