



Experienced Drivers, Novices, Welcome

Labor Department's Safe Driving Practices Seminar Is July 26

WETHERSFIELD, July 11, 2011 – Long-time motorists, as well as novice drivers, can hone their skills and pick up helpful tips during a July 26 *Safe Driving* course sponsored by the Connecticut Department of Labor's Division of Occupational Safety and Health (CONN-OSHA). Taking place in the agency's Wethersfield office, 200 Folly Brook Boulevard, the session will run from 10 a.m. to noon.

"Perhaps you've gotten a bit complacent behind the steering wheel and recognize that you could use some fine-tuning in the form of a refresher course," noted John Able, CONN-OSHA Occupational Safety Training Specialist, who will conduct the session. Another reason to take course, he added, is the fact that the U.S. Department of Labor has determined that work-related crashes are the leading cause of occupational fatalities.

"Small changes in a driver's behavior behind the wheel can decrease the likelihood of getting in a motor vehicle accident and also increase your chances of survival in the event of a collision or other serious mishap," Able says. "The focus of this seminar will be to present safe driving techniques and behaviors in an interesting format designed to motivate participants to immediately assess their own actions and behavior."

According to Able, the session will focus on four skills that experts have identified as having what they call "the most promise of preventing crashes if implemented." They include:

- Hazard Recognition – anticipating, recognizing and reacting appropriately to hazards
- Speed Management – managing speed so it is right for the given driving conditions
- Space Management – maintaining a safe space with other vehicular traffic
- Vehicle Handling – safe vehicle handling skills under a range of road circumstances

Admission to the Safe Driving class is free, although pre-registration is required. To register for the program, or for additional information, please contact the instructor at able.john@dol.gov.

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