# Getting There Safely




## Safety Talk

Life can be rough. Traffic crashes, violent encounters, and falls are only a few of the things that can happen suddenly and without warning. Even commuting to and from work can be a dangerous undertaking.

In this Safety Talk, you will learn more about commuting hazards and how you can lessen their impact on your life.

## What Can Go Wrong

It was the end of the day and Angela was tired. She had worked a long shift and was ready to ease into her pajamas and watch her favorite television show before heading to bed. As she walked from the building to her car, she realized, with a start, that she was alone in the dark parking garage. She swallowed hard and rushed to her car.

While Angela wasn’t attacked in the empty parking garage, late night arrivals and departures, empty garages, and remote worksite locations are cause for concern. Safety and security can be compromised by violence in these locations.

There are other commuting hazards, like arriving or departing on dark deserted streets when transit service is infrequent or driving home too tired to do so safely after a long shift.

While these dangers are reasons for concern, there are ways to secure your commute.

## How to Protect Yourself

Everyone wants to be safe from violence, traffic accidents, and falls. Protect yourself, and your commute, by implementing the following suggestions:

- Start early – Give yourself enough time to get to work so you don’t speed or take unsafe shortcuts.
- Don’t drive drowsy – Driving while awake is hard enough but driving while drowsy can be deadly. If you are too tired to drive, call a cab or a friend to come get you.
- Keep it repaired – Keep your vehicle in good repair by making sure the gas tank is full, lights and signals are working properly, and your windows are clean.
- Park to be seen – Park your vehicle on well-lit streets near buildings within sight of a guard or parking attendant.

- Watch out for slips and trips – Keep your eye out for slip and trip hazards like wet streets, rough pavement, unmarked curbs, and poor lighting. Avoid them when possible and be careful around them when you can’t.

## Final Word

Angela made it to her car without being attacked. Safe but rattled, she swore that she would be more careful in the future. Whether it’s an empty parking garage, uneven pavement, or slick roads, there is always some element of danger to your commute. The good news is that with some precautions, you can arrive and depart safely from work.