

OCCUPATIONAL HEALTH BRANCH

July 2025 Occupational Health Watch

Summer Vehicle Safety for Workers

Whether you're commuting, making deliveries, or traveling between work sites, driving is one of the most common and hazardous workplace activities. In fact, motor vehicle crashes (PDF) are a leading cause of occupational fatalities across the United States.

With more vehicles on the road during the summer months and higher temperatures affecting vehicle performance, now is the time to review safe driving practices.

Tips for On-the-Job Driving Safety:

- **Buckle Up, Always:** Make seat belts non-negotiable for drivers and passengers alike.
- **Plan for the Heat:** Keep your vehicle stocked with water, check tire pressure regularly, and never leave pets or passengers in a parked car.
- **Avoid Distractions:** Stay off your phone unless using a hands-free system. Pull over if you need to make a call or send a message.
- **Stay Alert;** Fatigue is common in hot weather. Get adequate rest before long drives and take breaks to avoid drowsiness.
- **Drive Defensively:** Follow speed limits, allow extra time in traffic, and watch for road construction zones especially in the summer.
- **Maintain Your Vehicle:** Ensure brakes, lights, tires, and wipers are in good condition. Keep emergency supplies in your vehicle.

Employers Can Help Too:

- Provide driver safety training
- Establish clear policies on distracted driving
- Ensure company vehicles are regularly inspected and maintained
- Support a culture of safety-first travel
- Remember: Whether you drive for a living or just as part of your job, your safety matters. Every trip short or long deserves the same care and attention.

Resources

- Preventing Worker Injuries and Deaths from Traffic-Related Motor Vehicle Crashes – NIOSH
- About Motor Vehicle Safety at Work - NIOSH

Email OHW@cdph.ca.gov with feedback about this update or change of address.