



SAFETY BRIEF

DRIVING PERSONALITY

THE SPEEDER

Traits: Drives fast; is frequently running late

How to Improve: Develop better time management skills; allow extra time when traveling to unfamiliar addresses

THE AGGRESSIVE DRIVER

Traits: Tailgates other vehicles on the road; cuts in front of drivers; flashes headlights out of annoyance

How to Improve: Keep relaxed while driving; take deep breaths

THE SLEEPY DRIVER

Traits: Drives long hours for work; struggles to be alert of his/her surroundings due to sleepiness; doesn't sleep well at night

How to Improve: Try to get 8 hours of sleep at night; take a break from driving every hour; pull over and take a walk

THE AUTOMATIC DRIVER

Traits: Doesn't give the road his/her full attention; is unable to remember the drive afterwards; unprepared for the unexpected because his/her mind is somewhere else

How to Improve: Make an effort to focus on the road

THE TIMID DRIVER

Traits: Tends to drive slow and tie up traffic; feels nervous driving in high traffic and at higher speeds

How to Improve: Practice defensive driving techniques

THE INDECISIVE DRIVER

Traits: Doesn't know where he/she is going; makes sudden lane changes or turns

How to Improve: Plan out the route ahead of time; enter the location into GPS before driving; use signals appropriately

THE GOOD DRIVER

Traits: Aware of his/her negative driving traits and seeks to improve them; maintains focus on the road; courteous to other drivers and stays calm under pressure

