



# Ericsson Care Fact Sheet



## Driving safety

### What is driving safety?

Driving a vehicle or a motorcycle is one of the most dangerous activity that most of us do on daily basis. Risks are related to driver behavior, road, weather, and vehicle conditions which become even riskier when we become complacent to them.

### Why is driving safety important?

Every 24 seconds - about the time it takes to read the Open Letter - another person is killed in a road traffic crash. That is 1.35 million people killed every year and as many as 50 million people injured. At Ericsson, driving accidents are one of the main causes of fatalities and major injuries.

### What should you do?

Always adopt defensive driving practices and be risk aware. Follow the safe driving CODE.

#### Concentration:

- **Drive now. Text later:** Avoid distraction; texting and phone conversations.
- Drive free of the influence of alcohol and drugs.
- **Take a break. Stay focused:** Fatigue increases the likelihood of accidents. Pull over at a safe rest-stop if you feel tired, drowsy, or sleepy.

#### Observation & Anticipation

- **Plan your journey. Reduce risks:** Take a 15-minute rest-stop every two hours, check-in upon arrival, spare tire, and emergency equipment.

[Safe Driving Awareness course](#)  
[Zero Tolerance Safety Rules](#)



#### Driving Attitude

- **Follow the rules. Arrive alive:** Wear seat belts, all occupants, all the time.
- For motorbikes both driver and passenger shall wear head protection
- **Be early. Do not speed:** Respect speed limits. Over speeding multiplies your risk of an incident. Adjust your speed to weather conditions.

#### Enough Space

- Keep a safe distance with vehicles in front of you. Follow the three second rule.

#### Take care of your well-being

Good quality sleep and other healthy habits optimize your concentration. [Headspace](#) provides many resources for sleep, focus and a healthy mind.

#### Be aware of your posture and comfort when driving

Adjust according to your height and body shape. You should be able to reach the pedals and controls, have sufficient headroom and sit high enough to see the front and side windows and mirrors. You want to be able to reach the steering wheel without stretching your arms.

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