

# Watch where you're going!

Did you know that approximately 60% of the accidents that occur annually among the Sierra staff occur on the "home-work-home" route, in other words, the so-called *in itinere* accidents. Reducing this number depends solely on you and how seriously we all take prevention.

**BETTER SAFE THAN SORRY...**  
All it takes is just a little attention, some care and to have some "tips" in mind in order to prevent serious consequences...

## At the wheel

- Maintain visual contact with those who enter your space of action;
- In addition to needing time to react to an unforeseen situation, remember that you also need S-P-A-C-E;
- Drive with the utmost respect for the speed limits and particular road conditions.

## On the street

- Avoid wearing heels that are too high or shoes that don't offer any grip on their soles;
- Pay particular attention to obstacles that are at ground level;
- Papers on the floor and holes contribute to a substantial amount of falls.

## On public transport

- If you have to travel standing up, look for something to hold on to and be careful;
- Never get on or off until the doors are completely open;
- Never get on or off public transport whilst running.

