

Commuting safety at work

Safe commuting is a central part of occupational safety. Road safety should be included in the safety culture of all workplaces.

When you start promoting your employees' commuting safety, one of the first measures is to get an overall understanding of their commutes and the associated risks. With the questions below, you can collect information on commutes, for example as part of a work hazard assessment or a wellbeing survey. It is important to get information from as many members of the work community as possible.

The questions are examples and can be adapted to suit your workplace. The survey should be repeated every few years. You can use the results of the survey in monitoring, evaluations, goal-setting and operational planning. The aim is to reduce or even eliminate the risks of commuting.

1. How do you mainly commute between home and work?

How you cross most of the way:

- | | |
|---|---------------------------------------|
| <input type="radio"/> On foot | <input type="radio"/> By car sharing |
| <input type="radio"/> By bicycle | <input type="radio"/> By bus or train |
| <input type="radio"/> By moped, scooter or motorcycle | <input type="radio"/> Other |
| <input type="radio"/> By car alone | |

2. Length of your commute?

Distance between home and work.

- | | |
|--------------------------------|--|
| <input type="radio"/> 0–3 km | <input type="radio"/> 26–50 km |
| <input type="radio"/> 4–9 km | <input type="radio"/> Over 50km |
| <input type="radio"/> 10–15 km | <input type="radio"/> It varies (e.g. no fixed work station) |
| <input type="radio"/> 16–25 km | |

3. Use of safety devices:

	never	rarely	some- times	usually	always
I use a reflector when moving in the dark.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I use a seat belt in passenger cars.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In slippery winter weather, I use anti-slip shoes or grippers as a pedestrian.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In slippery winter weather, I choose shoes with the most gripping soles.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If there are seat belts on the bus, I will use one.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I use a cycling helmet when cycling.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When cycling in the dark or twilight, I use bicycle lights.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	never	rarely	some- times	usually	always
When cycling in winter, I use studded tyres.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When driving a car, I use my mobile phone to make calls, send messages, etc. while driving.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If I make phone calls while driving, I use a hands-free device.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If I drive a car, I set my mobile phone on silent or put it out of sight.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I do not use my mobile phone while driving.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

4. How often have you experienced the following while on the road during the past 4 years?

	never	once or a few times	several times
I have been close to falling asleep at the wheel.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have driven a car while so sick or in such poor condition that I have noticed that it affected my driving.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have driven a car after consuming alcohol, trusting that I am not over the per mil limit.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have been in such a hurry that traffic safety was endangered (as a motorist, pedestrian, cyclist, etc.).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My use of a mobile phone in traffic has caused me a dangerous situation (as a motorist, pedestrian, cyclist, etc.).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have been so emotionally agitated that traffic safety was endangered (as a motorist, pedestrian, cyclist, etc.).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

5. What do you think about safety?

	completely agree	agree	disagree	completely disagree
With my choices, I can influence the traffic safety of others as well.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I want to be as safe as possible on the road.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I reserve enough time for commuting so that I can adapt my speed to factors such as road conditions.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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