

DRIVING SAFETY

Seat Belts and You

Three out of four accidents causing death occur within 25 miles of work or home. The chances of being killed are almost 25 times greater if you're thrown from the car. Safety seat belts can keep you from:

- Plunging through the windshield
- Being thrown out the door and hurtled through the air
- Scraping along the ground
- Being crushed by your own car

Cell Phones and Driving

Turning a radio station, flipping a cassette tape or CD, daydreaming, or talking on the phone is a factor in 40% of all collisions.

The number of vehicle collisions can be reduced greatly if drivers follow safety precautions such as:

- Always assess traffic conditions before you place a call.
- Select a hands-free speakerphone equipped with one-button, memory, or voice-activated dialing.
- Learn how to use your phone before you hit the road.
- Pull off the road to dial or ask a passenger to do it for you.
- Pull off the road if you have to take notes, if the conversation is emotional, or distracting.
- Check traffic conditions before you answer a call. If road or traffic conditions are hazardous, don't answer calls. Look into forwarding your calls to a voice mailbox.

Defensive Driving

- Always be ready to yield the right of way to those who do not follow the right of way rules.
- Always drive with your headlights on. This enables other drivers to see you more readily. Never drive with your park lights only.
- When driving, scan the road ahead, behind, and next to your vehicle. Check your rear-view and side-view mirrors every 3 to 5 seconds.
- Focus your attention on driving at all times –no eating, no reading, etc.
- Always signal 100 ft. in advance of your turns and be sure the signal is canceled after the turn.
- Keep a safe distance from the vehicle in front of you. This will allow you to act in time in case of the other driver's error.
- Follow the posted speed limits set for perfect conditions and slow down for any conditions, such as weather, road surface, congestion, night driving, etc.

Get the Keys

Getting someone whom is about to drive drunk to hand over the car keys is often easier said than done. Below are some tips and advice:

- If the driver is a close friend, try to use a calm approach. Suggest that he or she may have had too much to drink and that it would be better to take a cab or let someone else drive.
- Be calm and make light of the situation.

- Try to make the driver aware that you are doing him or her a favor.
- If the driver is someone you don't know well, speak to his or her friends and have them make an attempt to persuade the driver to hand over the keys.
- If the driver is a good friend, spouse or family member, make it known that you will not go along if he or she drives. Suggest that you will call someone else for a ride, take a cab, or walk.
- Locate the driver's keys while he or she is preoccupied and take them away. Most likely, the driver will think they're lost and will be forced to use some other form of transportation.
- If possible, do not embarrass or confront the driver, particularly with men. This can make them appear vulnerable to alcohol and its effects.

Don't Rage on the Road

- Do not block lanes.
- Do not change lanes without first signaling well in advance of your lane change
- Do not tailgate.
- Avoid use of your horn or high beam lights unless absolutely necessary.
- Never make an obscene gesture toward another driver.
- Drive in the slow lane as much as possible or move into the slow lane when a fast moving vehicle approaches from the rear.
- Always signal well in advance of any turn.
- Be sure your signal lights are cancelled after your turn.
- Yield the right-of-way always.
- Always be a courteous driver; you will be surprised by the actions of the other drivers.

Date