

COMMITMENT

To Safety

SAFE DRIVING

When out on the road put stressful thoughts aside and focus on the task at hand – SAFELY REACHING YOUR DESTINATION!

As drivers, we must **CONCENTRATE ON THE BASICS**:

- **BUCKLE UP**
 - An estimated 60% of Americans involved in fatality accidents were not wearing a safety belt
- **PAY ATTENTION**
 - 20-30% of crashes involve some form of driver distraction
- **BE RESPONSIBLE BEHIND THE WHEEL**
 - NHTSA and American Automobile Association report almost 13,000 people have been killed or injured since 1990 in crashes caused by aggressive driving

STAY SAFE ON THE ROAD – Keep the following recommendations in mind:

- Don't start your engine without correctly securing each passenger in the vehicle
- Lock all doors
- Be a safe and courteous driver – follow the rules of the road and stay aware of what's going on around you
- Avoid potential distraction
 - Don't reach behind you, pick things up off the floor, open the glove compartment, clean the inside windows, or perform personal grooming while driving
 - Don't talk on your cell phone while driving – wait until you are off the road
 - Don't drive if you're tired – take frequent breaks (at least every 2 hours)
 - Avoid slowing down to “gawk” at a crash or other roadside activity
- Don't drink and drive – don't do illegal drugs – don't drive on prescription drugs that inhibit you
- Don't ruin your trip with aggressive behavior – reduce your stress on the road:
 - Allow plenty of time to get where you're going
 - Avoid conflict and don't be pushed into a confrontation
 - Refresh your defensive driving skills
- Be aware of special night driving hazards. During evening hours reduce your speed, increase your following distances, and avoid long drives and unfamiliar roads.
- Always let a family member or friend know your route, travel plans, and scheduled time of arrival.

KEEP YOUR VEHICLE IN GOOD WORKING ORDER

- Maintain proper fluid levels
- Check tires for condition and proper inflation
- Have hoses, belts and wires checked
- Make sure windows, mirrors, directional signals, head-tail-brake lights are clean and functioning properly
- Test windshield wipers and replace as necessary
- Keep the gas tank full

Other Resources:

National Safety Council Driver Safety Topic Page: nsc.org/issues/drivsafe.htm

National Highway Traffic Safety Administration (NHTSA): nhtsa.dot.gov