

Safe driving saves lives

Nothing is more important than arriving safely.

Key takeaways

- Plan your trip: Inspect vehicle, plan navigation, and pack emergency supplies.
- Conduct a self-assessment, making sure you are alert and ready to drive.
- Avoid all distractions while driving. Driving safely is your primary job.
- Drive defensively by scanning in all directions.
- Maintain a safe speed to increase reaction time.

Know before you go.

Walk around the vehicle. Check tire inflation and fluid levels. Make sure all repairs are current. Confirm you have a roadside emergency kit. Clean the windshield for visibility.

Don't drive impaired.

Drowsy driving can be as risky as driving while using drugs or alcohol.

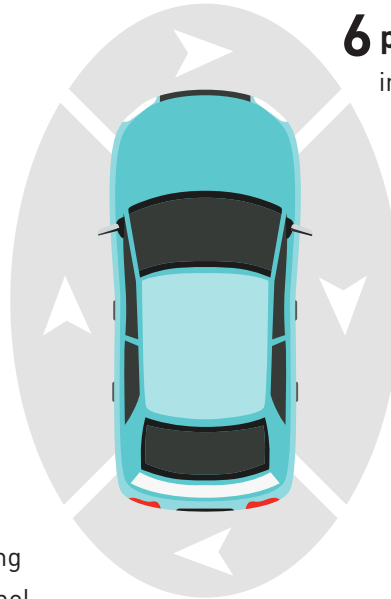


One study found that being **awake for 24 hours** has the same harmful effect on driving as a **blood alcohol content of .10 percent**. Know the warning signs for falling asleep behind the wheel.

Be prepared to pull over to a safe place for a short nap or switch drivers when necessary.

Avoid distractions.

Don't use cell phones while driving. Cell phone use is estimated to contribute to



6 percent of vehicle crashes a year in the U.S., which is the equivalent of **2,600** deaths. Research has shown that hands-free devices offer no safety benefit.



Consider limiting other distractions as well, including food, cosmetics, and navigation systems. Prepare for the day and plan your trip in advance.

Drive defensively.

Scan frequently in all directions. Be aware of traffic, pedestrians, and obstacles. Always have a planned escape route.

Maintain a safe speed.

Remember, driving at a slower pace increases reaction time and lessens the severity of an impact.

