



Safety 24/7



Driving Safety

Did you know?

NSC estimates almost 25% of crashes involve cell phone use while driving. (NSC Attributable Risk Estimate)

Research has shown that children are more likely to wear safety belts or use child safety seats when the parent (adult driver) buckles up.

Drivers and front seat passengers who buckle up are 45% more likely to survive motor vehicle crashes and 50% more likely to avoid serious injuries. (NHTSA)

In 2009, 32% of all fatalities in motor vehicle crashes involved a driver under the influence of alcohol. (NHTSA)

Driving is one of the most dangerous activities you will do each day. As traffic on the roads increases during the summer months, keep in mind the safety tips below to stay safe when driving for work or pleasure.

Cell Phone Distracted Driving

Cell phone use while driving isn't just a visual and manual distraction, but a cognitive distraction – taking your mind off the primary task of driving. That is why hands-free devices offer no safety benefit as your brain is distracted by the conversation. When driving:

- Refrain from using your cell phone
- Put your cell phone on silent or in the glove box to avoid temptation
- Safely pull over and put the vehicle in Park to take or make a call
- Change your voicemail message to say you are unavailable when driving

Safety Belt Use

Safety belts are one of the most effective safety devices in your vehicle. Safety belts can determine who will walk away from a crash and who will not.

- Always wear a safety belt – every trip, every time
- Make sure every passenger is wearing his or her safety belt before you begin your drive
- Children should sit in the back and use the proper child safety seat or booster seat

Impaired Driving

Impaired driving simply means a person's ability to safely operate a motor vehicle is compromised by alcohol and other drugs that change the function of the brain and body.

- If you plan on drinking, designate a non-drinking driver for the evening
- Never get in the car with an intoxicated driver – take keys away from someone who has been drinking
- If you have been drinking and need to get home, call a friend or taxi or take public transportation

Aggressive Driving

Aggressive driving behaviors can include speeding, frequent and unnecessary lane changes, tailgating and running red or yellow lights. These behaviors create unsafe situations and can lead to road rage. To avoid aggressive driving:

- Keep your emotions in check and don't take frustrations out on other drivers
- Plan ahead and allow enough time for delays
- Focus on your own driving
- Don't tailgate or flash your lights at another driver
- Use your horn sparingly

Remember, we all share the roads so take the necessary steps to keep yourself and others safe.

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SAFETY
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