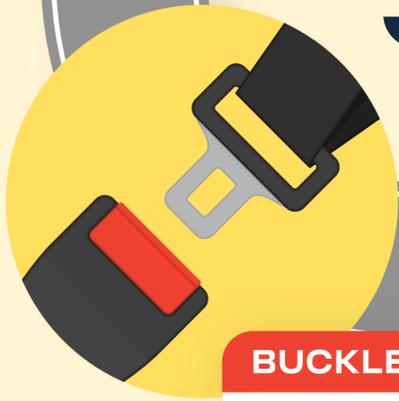




# ROADMAP to SAFE DRIVING



## BUCKLE UP

Using a safety belt is one of the most effective ways to save lives and reduce injuries in crashes. It's also the law! Ensure everyone in the car wears their safety belt, even in the backseat.



## MAINTAIN YOUR VEHICLE

Regular maintenance is key to ensuring your car is safe to drive. This includes checking the tire pressure, oil, ensuring windows are clean, and engine is running smoothly.



## SCAN THE ROAD AHEAD

Always pay attention to the road, scan ahead for road hazards, and drive defensively. Keep in mind speed limits, and any relevant road signage.



## NEVER DRIVE IMPAIRED

Drugs and alcohol can alter your ability, perception, attention, coordination, reaction time, and other skills needed to drive alert and safe. Never get in the car with a driver who has been drinking or doing drugs, and always have a plan to have a safe ride home. Speak up! Take the keys from anyone who is not fit to drive.



## KEEP YOUR DISTANCE

When driving, a good rule of thumb is to maintain at least a three-second following distance, giving you time to react and avoid potentially dangerous situations. You can calculate this by using a fixed object, such as a pole or an overpass to determine how far in front of you the car is.



## ELIMINATE DISTRACTIONS

Activities such as applying makeup, eating, and using a phone while driving are dangerous distractions. Program the GPS before you leave, and focus on JUST DRIVING when you drive. Pull over to a safe location if you must interact with your phone.



## DON'T DRIVE TIRED

Drowsy driving affects reaction time and driving ability. Driving after being awake for 18 hours is similar to driving impaired. Ensure you've had plenty of rest before driving. Regular breaks are essential for long journeys.



## OBEY POSTED SPEED LIMITS

Speed is a factor in more than 33% of all fatal teen crashes. By paying attention and obeying all posted speed limits, we can all greatly reduce the likelihood of being involved in a crash.



## LIMIT PASSENGERS

When a teen driver has their friends in the car, the risk of a crash increases dramatically! Two additional passengers increase the risk of a crash by 158%.



## RESTRICT NIGHTTIME DRIVING

Reduced visibility, inexperience, and driver drowsiness are all factors that make driving at night more dangerous for teens. Graduated Driver Licensing ensures teens drive during less dangerous hours until they have gained more experience on the road. Curfew restrictions apply during nighttime driving hours for all licensed teens aged 16 & 17.

# GROUND YOUR PARENTS

