

# NBSIA Member Services Safety Bulletin

October 2012

## DRIVING AND ROAD SAFETY

As autumn approaches, we need to remember that the changing season also brings changes in driving conditions. Stay safe on the road by using this road safety checklist:

### Know Road Safety Fundamentals

- Obey speed limits. Remember: the faster you go, the longer it will take to stop.
- Maintain safe following distance, one car length for every 10 mph you are traveling.
- More than two-thirds of all traffic-accident-related injuries happen at intersection—use caution.
- Communicate to other drivers by using your brake lights and turn signals.
- Turn your signal lights on 100 feet before you turn.
- Wear a seat belt and require passengers to wear them.
- Keep hands on the wheel, eyes on the road, and your mind on your driving.
- Never drink or take drugs and drive.
- Look well ahead for changes in traffic conditions and prepare to slow down.
- Adjust speed in construction zones, bad roads or traffic conditions.
- If you have car trouble, pull off the road or move into the break-down lane.



### Avoid Distracted Driving

Distracted driving is a factor in more than 4,000 vehicle accidents every day.

- Do not use your cell phone at all while you are behind the wheel.
- Avoid other distractions, such as eating or using a GPS while the car is moving.

### Prevent Fatigued Driving

Drowsy driving is reportedly a factor in more than 100,000 crashes each year.

- Be careful driving late at night, early in the morning, and during mid-afternoon hours when drowsy driving accidents are most likely to occur.
- Stop to stretch and refresh every couple of hours when driving long distances.
- Avoid taking medications that could make you drowsy if you have to drive.



### Recognize Higher-Hazard Conditions

Driving at night or in bad weather increases crash risk. Be sure to:

- Turn on headlights 30 minutes before sunset so you can be seen by other drivers.
- Slow down and increase following distance at night or in foul weather.
- Use windshield wipers, lights, and the defroster to maintain visibility.
- Beware of light rains, which can make roads very slippery.
- Avoid puddles, if possible; if not, slow down to prevent hydroplaning.
- Respond to skids by taking your foot off the gas, applying firm pressure to antilock brakes, and gently turning in the direction you want the front of the car to go.

#### Sources

"Drive Home Road Safety With This Checklist." *Cal/OSHA Compliance Advisor* Oct 2012, 8. Print.

"6 tips for Safe Driving." *Top Safety* Oct 2012, 1-2. Print.

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