



Safe Driving -Drive with care

Always—

- Plan your trips ahead of time. Decide what time to leave and which roads to take. Try to avoid heavy traffic, poor weather and high-speed areas.
- Wear your safety belt—and wear it correctly. (It should go over your shoulder and across your lap.)
- Drive at the speed limit. It's unsafe to drive too fast or too slow.
- Be alert! Pay attention to traffic at all times.
- Keep enough distance between you and the car in front of you.
- Be extra careful at intersections. Use your turn signals and remember to look around you for people and other cars.
- Check your blind spot when changing lanes or backing up.
- Be extra careful at train tracks. Remember to look both ways for trains.
- When you take a new medicine, ask your doctor or pharmacist about side effects. Many medicines may affect your driving even when you feel fine. If your medicine makes you dizzy or drowsy, talk to your doctor to find out ways to take your medicine so it doesn't affect your driving.

Never—

- Never drink and drive.
- Never drive when you feel angry or tired. If you start to feel tired, stop your car somewhere safe. Take a break until you feel more alert.
- Never eat, drink or use a cell phone while driving.
- Never drive for long stretches without a break

If—

- you don't see well in the dark, try not to drive at night or during storms.
- you have trouble making left turns at an intersection, make three right turns instead of one left turn.
- you can, avoid driving in bad weather, such as during rain, sleet or snow.

Take care of your car.

- Make sure you have plenty of fuel in your car.
- Have your car tuned up regularly.
- Keep your windshields and mirrors clean.
- Keep a cloth in your car for cleaning windows.
- Replace your windshield wiper blades when they become worn out.
- Try to keep your windows clear.

Driving with someone else in your vehicle can increase your overall alertness.

Avoid aggressive driving by relaxing and having patience.

Avoid incidences of road rage, such as excessive speeding, tailgating and weaving in and out between cars.

A yellow light means slow down, not speed up. Always stop at red lights.

Safety should always be a top priority