



# *Get There!*

Your Guide to  
Traffic Safety



## Contents

|                                                             |                   |
|-------------------------------------------------------------|-------------------|
| Helping You to Get There                                    | 2                 |
| Defensive Driving: Are You as Good as You<br>Think You Are? | 4                 |
| Courtesy: “I’m the King of the Road!”                       | 6                 |
| Speed: In a Hurry?                                          | 7                 |
| Distracted Driving: “Multi-tasking? No Problem!”            | 8                 |
| Impaired Driving: “I’m Still OK to Drive”                   | 10                |
| “The Weather Made Me Do It!”                                | 12                |
| Country Roads, Take Me Home — Safely!                       | 14                |
| “Will You Move Over Already????!!”                          | 15                |
| Motorcycle Safety: Attention, Easy Riders                   | 16                |
| Car vs. Train? No Contest                                   | 17                |
| Hey, Good Buddy — Never Argue With an 18-Wheeler            | 17                |
| Bike Safe, Bike Smart                                       | 18                |
| Teen Drivers: Don’t Kid Yourself — They’re Watching!        | 20                |
| Mature Drivers: Words to the Wise                           | 22                |
| Are Car Seats Driving You Crazy?                            | 24                |
| Kids, Cars and Hidden Hazards                               | 25                |
| Pedestrian Safety: “Hey, I’m Walkin’ Here!”                 | 26                |
| Technology: Is Autopilot Next?                              | 27                |
| Vehicle Maintenance: Big Wheels Keep on Turnin’ . . .       | 28                |
| Roadside Emergency? Be Prepared!                            | 28                |
| Resources and Sources                                       | inside back cover |

## Helping You to Get There

Here's the thing: Whether we've been driving for six months, six years or six decades, almost every one of us thinks we're not just a good driver, but a better driver than most others on the road. (Really . . . studies show that's what we think!) It's not *our* actions that cause problems – it's those other guys, right?

Well, we may be really good at simply getting our vehicles from here to there. We know how to turn the key, read signs, turn right or left and maybe even parallel park. We learned all of that in driver's education. Even if it was years ago, the basics are still pretty similar. And knowing driving laws does provide some important information about traffic safety.

But . . . knowing enough to get a driver's license isn't the same as having the good driving habits that we need to be well-prepared, courteous, crash-free drivers. If it was, we wouldn't have tens of thousands dying on American roadways – and millions being injured – every year.

There's a ton of "safe driving" info out there but really, who has time to read it all, much less remember it? That's where this little booklet comes in.



***Get There! Your Guide to Traffic Safety*** isn't like most safety brochures. Think of it as a "Cliff's Notes" guide to traffic safety! It's a quick source of info on important traffic safety topics. It's designed to help you get where you're going – without a traffic ticket and all in one piece!

Driving safer and smarter means less stress, fewer crashes, lower insurance rates, and – here's the big one – preventing injuries and saving lives.

***Get There! Your Guide to Traffic Safety*** is a compilation of best practices. It doesn't feature specific state laws. Best practice is best practice no matter where you drive. It's about buckling up, slowing down, driving sober and not driving distracted. It's about dealing with others on the road, bad weather, new technology and more.

The back page lists additional resources you may want to seek out, as well as information sources that were used.

We hope you'll read this guide, share it and refer to it often. Most important, we hope you'll make these best practices *your* driving practices so you can ***Get There*** . . . safely!



## Are You as Good as You Think You Are?!



Defensive driving: The National Safety Council defines it as getting where you're going safely – no ticket, no crash and no harm or hassle to others on the road. In plain English, it's responsible, common-sense driving.

Give yourself a point for each of the following that applies to you!

Defensive drivers:

1. Observe traffic signs and signals all the time. (That means no rolling stops!)
2. Check mirrors and blind spots, and signal before turning or making lane changes.
3. Stay alert – no drowsy driving! – and scan the roadway frequently for hazards.
4. Don't drive distracted: No multi-tasking, no talking on a cell phone, no texting while driving!
5. Adjust driving speed to road, weather and other conditions.
6. Always use a designated driver if partying with friends.
7. Don't ride the bumper of that car ahead! Leave a safe following distance of at least three seconds from the vehicle in front and more if driving conditions are poor.



8. Keep their vehicles in good repair.
9. Share the road with trucks, bikes, pedestrians and motorcycles.
10. Make sure everyone in the vehicle buckles up – with little ones in age-appropriate car seats or booster seats.
11. Plan ahead before leaving. Allow extra time depending on weather and road conditions.
12. Keep their cool. Don't drive aggressively and don't let the actions of other drivers cause them to make decisions that put themselves – and others – at risk.

### **What's Your Score?**

0-2 points: Is your insurance up to date?  
Looks like you may need it!

3-5 points: You may be a swell person,  
but I'm not riding with you!

6-8 points: Not bad, but there's work to do!

9-10 points: Your mother would be proud!

11-12 points: You get a star in the  
Defensive Driving Hall of Fame!

***“Pay no attention to that man behind the curtain!”***

One of the earliest traffic signal systems was installed in Cleveland in 1914.

The red and green signal lights were operated by a traffic officer sitting in a nearby booth.





## "I'm the King of the Road!"

What's more annoying than people who drive like they own the road? Nothing! *We'd* never be that clueless, right? Just to be sure, here's a quick review of basic courtesy on the road:

- When you merge into traffic, give yourself plenty of room and always use your signal.
- Don't cut off other drivers. That's not nice at all!
- Don't be the driver who slows traffic or forces others to change lanes because you're not paying attention. That *really* annoys people!
  - If you're in the left lane and someone wants to pass . . . c'mon. Move over and let them get by.
- Don't tailgate. Allow at least a three-second space between your car and the car ahead – even more if weather is bad.
- Is that other guy driving aggressively? Put as much space between your vehicle and theirs as possible. Seek out law enforcement if their behavior escalates.
- In a heated situation, avoid eye contact and gestures. Don't make it personal!
- Don't use your horn just because you're irritated.

The point is – driving isn't a contest. It's not about "winning," it's about getting where you're going safely.

### **Attention teens:** *You have more to lose!*

Most states now have graduated driver licensing laws. If you get a traffic violation, you may lose your driving privileges. Insurance costs could rise and financial penalties could be steep.





## In a Hurry?

Who isn't?! But you won't save much time by speeding and you risk getting a costly ticket or, worse, causing a traffic crash.

### Food for thought

Speed increases the risk of a crash. Think about it. Your reaction time doesn't speed up just because your vehicle does. In fact, you have less time and distance to respond. And by the time you react – about one second for most drivers – you've gone a lot farther at 75 mph than you would at 55 mph.

### Not convinced yet?

Speed increases the chance that you'll be more seriously injured or even killed. And did you know that speeding tickets outnumber all other traffic violations combined? They're expensive, too!

### Some things don't change!

The first speeding ticket was issued in 1905 for 12 mph. The fine? \$10 – equal to about \$250 now. Speeding has *a/ways* been expensive!

### *Why risk it for a few lousy minutes?*

A 30-mile trip under ideal conditions:

**At 55 miles per hour**  
= 32.7 minutes

**At 65 miles per hour**  
= 27.7 minutes  
= 5 minutes saved

**At 75 miles per hour**  
= 24 minutes  
= 8.7 minutes saved



## “Multi-tasking? No Problem!”



Actually, anything that takes your eyes off the road, your hands off the wheel or your mind off your driving can be a *big* problem. In fact, studies prove that your brain cannot give full attention to more than one thing at a time.

### ***Your brain is already working to the max!***

- Drivers make an average of 200 decisions during each mile behind the wheel!
- Drivers who use hand-held devices are four times as likely to get into crashes serious enough to cause injury.

### Typical distractions:

- Adjusting the radio, CD player, iPod, GPS system.
- Eating, reading a map, watching a movie (yes, it really happens!), shaving, putting on makeup.
- Driving an unfamiliar vehicle or route.
- Interacting with other passengers, especially children.
- Using a cell phone – sorry, that includes hands-free! – or texting.

### “So, what’s the difference between talking on a cell phone and talking with passengers?”

Well, here’s the big one: a passenger can see the road along with you and can stop talking or alert you to possible hazards. A person on the other end of your cell phone has no clue about what’s happening as you drive.

## “What can I do?”

Manage the distractions:

- Before you go, plan your route (and comb your hair, brush your teeth, pluck your eyebrows, etcetera, etcetera, etcetera).
- Preset climate control, radio and music players. Adjust your mirrors. Know where to find the wipers, lights and signals.
- Postpone emotional or complex conversations.
- Turn off your cell phone.
- Put away newspapers, reports, planners and other distracting materials.
- Don't call if you know someone is driving – and don't answer the phone if you're behind the wheel.
- Make sure everyone is buckled in.

Be a good role model. Kids are watching and learning from you!



### *The ultimate distraction*

Texting while driving takes your mind, eyes and hands away from the task of driving.

If you text while driving, on average, you take your eyes off the road for up to 4.6 out of every six seconds. That's like travelling the length of a football field at 55 mph without looking up!

Texting is simply one of the most dangerous things you can do while driving.

## “I’m Still OK to Drive.”

Can you believe there are still folks out there who think they drive better after they’ve had a few drinks?! Nothing could be further from the truth. Impaired driving is dangerous driving.



## So, what’s impaired driving?

Well, it means your ability to drive safely has been affected by alcohol or other drugs – or even lack of sleep. Impairment affects four of the abilities we need most while we drive: judgment, alertness/attention, vision and reaction time. And judgment is the first to go!

## This may surprise you!

Legally prescribed and over-the-counter medications can have as much impact on a driver as alcohol. Don’t forget – alcohol, legal and illegal drugs, and drowsy driving have nearly the same effect.

## A field guide to impaired drivers

You can often tell when a driver might be impaired. Watch for these possible signs:

- Weaving, swerving or straddling the center line.
- Driving on the wrong side of the road.
- Driving at a very slow speed.
- Stopping for no reason or braking irregularly.
- Turning abruptly or responding slowly to traffic signals.

- Driving with the window down in cold weather.
- Driving with headlights off at night.

If you spot an impaired driver, alert the police that there is an unsafe driver on the road and follow at a safe distance, if possible.

### *“Okay, so what should I do?”*

- Don't drink and drive. Arrange for a designated driver or take public transportation.
- Check medication labels. Use the recommended dosage. Look for warnings about possible drowsiness and other side effects that could affect your ability to drive. If the medication could impair your driving abilities, don't drive.
- Don't drive if you're sleepy. You know the signs – when they start to show, get off the road.
- Avoid driving long distances late at night.
- Forget “quick fix” remedies and face the facts:

The only thing that will sober you up is time.

The safest way to banish your fatigue is sleep.



### *Pop Quiz*

What is stronger:  
A mixed drink, a  
beer or a glass of  
wine?

Answer: They're  
all about the  
same. Let's do  
the math!

Beer: 12 ounces  
at 5% alcohol =  
0.6 (six tenths)  
ounce alcohol

Wine: 5 ounces at  
12% alcohol =  
0.6 ounce alcohol

Whisky, vodka,  
gin, etc.: 1.5  
ounces (a “shot”)  
at 40% alcohol =  
0.6 ounce alcohol



### ***Be weather wise!***

- Don't drive onto a flooded roadway. It takes just two feet of water to float away most cars.
- You're safer inside your vehicle than outside if lightning strikes.
- Stranded in a snow storm? Stay in your vehicle – that's where you're safest!

## **"The Weather Made Me Do It!"**

No it didn't! Weather doesn't cause crashes but if you don't adjust for it, get ready for a bumpy ride. To improve your driving forecast:

### **Prepare yourself and your car**

- Keep the windshield clean (inside and out) and washer fluid levels high.
- Make sure tires are properly inflated and that you have good tread depth.
- Use your headlights, even during the day. It helps other drivers see you.
- Clear snow, frost and ice off all windows, head and tail lights, hood and roof.
- Prepare an emergency kit and keep it secured in the vehicle.

## **Baby, the rain (and sleet and snow) must fall . . .**

. . . and when they do:

- Slow down – it's probably the single most important thing you can do.
- Increase your following distance. (OK, maybe this ties slowing down!)
- Brake gently; it will help you retain control.
- Give yourself extra time.



- Take more frequent breaks on longer trips to help you stay alert.

But . . .

- Don't drive through standing water – it could be deeper than you think.
- Don't use your cruise control – it's harder to maintain control.
- Don't pump anti-lock brakes – they're already doing that for you.
- Don't brake hard or turn sharply – you might lose control.

**“GRRRRR!! I did everything right but I'm still in a skid!”**

- If hard braking caused your skid, take your foot off the brake.
- Ease off the gas.
- Steer in the direction you want to go. Watch it – don't oversteer.
- When you straighten out, gently increase speed.
- Stay calm. Overreacting is the surest way to lose control.

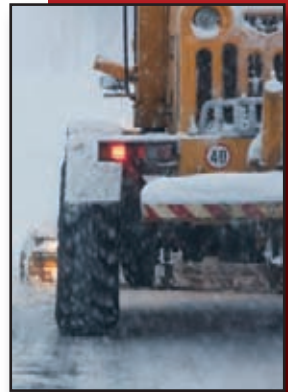
**“Is it just me or is that snowplow awfully big?”**

You bet it is, but if it weren't for that plow, we'd have a much harder time getting around. So remember:

- Don't crowd the plow – give it plenty of room.
- Big plows have big blind spots. Make sure you can be seen.
- Plows can create a “white out” when clearing snow. Stay back.

### ***Welcome to Frostbite Falls!***

The single heaviest snowfall on record occurred in 1921 in Silver Lake, Colorado, when 76 inches of snow fell in 24 hours . . . that's over six feet!!





## Country Roads, Take Me Home – Safely!



### Pop Quiz

Where do most fatal traffic crashes occur?

- a. fast-moving crowded city freeways
- b. wide-open rural roads

**Answer:** b. More than half of our nation's traffic deaths occur on rural roads, even though only a fourth of us live in rural areas.

Your best protection when driving those country roads: slow down, buckle up, put down the cell phone, drive sober.

Rural roads are smooth sailing, right? Not! Watch for these common hazards:

- Pavement edge drop off. That's when the shoulder is lower than the road. If your vehicle partially leaves the road, don't slam on your brakes and don't overcorrect. Stay calm, slow down and get back on the road when it's safe.
- Watch for critters. If you see one on the road, don't swerve! Slow down and stay in your lane. That gives the animal time to move along or minimizes the impact if you can't avoid a crash.
- Watch for slow-moving vehicles – not just on the road but along the sides and entering the roadway. Approach them cautiously and pass when it's safe to do so.
- You're more likely to see all-terrain vehicles, snowmobiles and other recreational vehicles around rural roads. Watch the roadside, shoulders and ditches for potential roadway crossers.
- Head-on collisions – the most deadly crashes – often occur on two-lane roadways. So pay attention, don't crowd the center line, and slow down on curves. Keep your hands on the wheel, your eyes on the road and your mind on your driving!

## Will You Move Over Already????!!

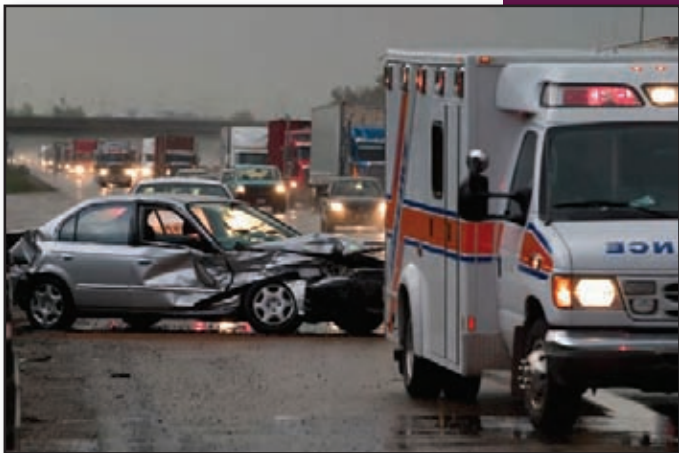
What to do today? I've got it! Let's go stand by the side of the road and have cars whiz past us at 70 mph!

Sounds crazy, doesn't it? But our police, emergency responders and tow truck drivers do this on a daily basis. So, follow these tips and give 'em a break, OK?!

- Move over to the next lane, away from the emergency vehicle.
- If you can't move over, slow down.
- Don't gawk! Keep your eyes on the road.
- Give any vehicle on the shoulder extra space.
- Never block a side road or driveway – that might be where they're headed.
- Pay attention. For safety reasons, officers sometimes respond to emergencies without their sirens. You still must yield to them, if their lights are flashing.

*In a tie, the big guy wins!*

Ever wonder who wins if a fire truck and police car both approach an intersection at the same time in an emergency? The fire truck – it's heavier and takes longer to stop and get going again.



***“Did you hear the one about Ole and the hog?”***

Young inventors William Harley and Arthur Davidson produced the first “real” Harley-Davidson motorcycle in 1904. They got help on the engine from:

- a. Henry Ford
- b. Ole Evinrude
- c. Thomas Alva Edison

**Answer:** b. Out-board motor pioneer Ole Evinrude

## Attention, Easy Riders!

Sad but true . . . in a crash, the motorcyclist loses. But you can increase your odds:

- Always wear a DOT-approved helmet.
- Check yourself and your bike. Inspect and maintain your motorcycle and your protective gear.
- Drive to survive. Ride smart and be prepared to react. Follow the rules of the road.
- Watch your speed.
- Give yourself space. It’s tough for drivers to judge your speed properly.
- Be alert to blind spots around big trucks. If you can’t see the driver in the truck’s sideview mirror, the driver can’t see you.

## What other drivers need to know

- Seems obvious, but – *look* for motorcycles.
- Check your blind spots.
- Be aware that a motorcycle may seem farther away or moving faster than it actually is.
- Allow more following distance.



## Car vs. Train? No Contest!

When a car and a train collide, the train wins.

So . . .

- Pay attention around the tracks.
- Obey warning signs and signals.
- Don't try to beat a train through a crossing and don't even think about driving around gate arms!
- If there are multiple tracks, watch for a second train.
- An approaching train will always be closer and moving faster than you think.
- Don't walk on tracks; it's illegal and it's dangerous.
- Whether you're on foot, on a bike or in a motor vehicle, cross only at designated crossings.



*It just keeps  
rollin' along . . .*

A train traveling 55 miles an hour can take a mile or more to stop. That's about the distance of 18 football fields!

## Hey, Good Buddy – Never Argue With an 18-Wheeler!

- Trucks create wind gusts. Keep both hands on the wheel when you pass a truck or it passes you.
- Leave at least a four-second following distance. If you're stopped behind a truck on a hill, stay back. Trucks may roll back as the driver eases off the brake.
- Leave space if a trucker is signaling to change lanes.
- Stay out of the truck's blind spots – front, back and both sides.
- Allow plenty of time to pass that big rig, but don't hang out in its blind spot.





### *Get a good fit!*

Helmet sits level, no more than two finger widths above the eyebrows.

Helmet and chin strap are snug. The “V” of the side straps is just below the ears.

## Bike Safe, Bike Smart

Question: What is a bicyclist’s most important piece of equipment?

- a. tire pump      c. water bottle
- b. helmet      d. headphones

**Answer:** b. the helmet – wear it and leave the headphones at home.

### How to avoid road rash — or worse

- Check your brakes before riding. And – have we mentioned? – always wear a helmet.
- Obey the same traffic rules as all motorists and obey all traffic signs and signals.
- Before entering a public road, stop! Scan for traffic (look left-right-left) and signal before getting onto the roadway.
- Ride on the right side of the road, close to the curb. Be prepared for rocks, sand, trash and other obstacles.
- You’re at greater risk riding at night, on narrow roads and where roadway speeds are more than 35 mph. Always use lights and reflectors if you ride at night.

### What drivers need to know

- Make room – keep at least three feet away from bicyclists when passing them.
- Watch for bicyclists at driveways, alleys and intersections.
- Be extra alert in neighborhoods and around schools.

## "Aww, do I hafta?" (A note to parents)

- Teach kids the rules of the road.
- Put helmets on kids before being "cool" matters. Let them pick out their own.
- In a crash, helmets reduce the risk of brain injury (which can affect the ability to walk, talk and think) by up to 88%.
- They'll do what *you* do: Always wear a helmet yourself and follow traffic rules when biking!

### Bicycle word find game

Find these bicycle terms in the word search puzzle. The words in the puzzle may appear horizontally, vertically or diagonally and forwards and backwards.

C E C A N K L I N G M P Y K S L S A  
 A O E D K Z G O R K A E P M P Z I D  
 D A D J B R A K E S I A O I R R B J  
 E F L U D C K B J M N C S P O K E S  
 N P N S E N U L F Y T E T C C I A N  
 C J R T S T C D R S A L U B K Q R B  
 E B J I H X O Q W C I D R P E U I C  
 A L B N V D B A L A N C E W T M N T  
 I U O G R E C H C B I G O M I U G E  
 I B I B N C T O U L N N V R O U S E  
 T R C K I A J H I E G E U F R I V O  
 C I W B A N K L E S W Z M J W Q S Y  
 K C J U H A N D L E B A R S R I T E  
 R A V A C A L I P E R S A X E B H O  
 V T K L O V E N O O L B T N F U P M  
 O E Z A G Y O G I O B S T A C L E S

Adjusting  
Ankling  
Calipers  
Chain  
Handlebars

Cables  
Lubricate  
Maintaining  
Obstacles  
Posture

Hub  
Rivet  
Spokes  
Sprocket  
Tube

Rim  
Balance  
Bearings  
Brakes

### Are they ready for the road?

It varies, but kids under age 10 don't usually have the skills to judge the speed or distance of oncoming traffic and their peripheral (side) vision is still developing.

### Talk about recycling!

The development of the automobile owes a lot to several key components that were originally invented for the bicycle: ball bearings, pneumatic tires, chain-driven sprockets, spoke-tensioned wheels and more!

### *They're hooked!*

Most teens have a cell phone and feel "they couldn't live without it." Is it any wonder it's so difficult to get them to put them down, even when they drive?

## Don't Kid Yourself . . . They're Watching!

Ask almost any parent and they'll tell you their teens don't listen to them.

Oh, but they do – and they're watching too! Teens say that they hold their parents as role models above all others. (They just don't tell that to their folks!)

Research shows that parents who speed, roll through stop signs, don't buckle up, or use their cell phones while driving all have teens who follow their example.

### *"OK, so now I'm worried. What can I do??"*

First of all, recognize that a teen's brain is a work in progress. That's an important step in figuring out how you can help teens become better drivers. Help them understand:

- The consequences of their decisions when driving, both bad and good.
- How other drivers are likely to react.
- How the vehicle is likely to react.





**“Well, that’s a tall order. Got some tips?”**

Absolutely! Read on.

- Help your teen driver learn. Schedule practice time.

Don’t cancel! Show them that practice is important.

Make sure they get experience in all kinds of weather and at night.

Keep your cool. Freaking out isn’t going to help them learn.

Reinforce good driving. Tell them when they do something well!

- When teens get their license, give them clear rules and guidelines.

Use a parent-teen contract.

Be specific on the consequences – and stick to them!

Reward safely reached goals with added responsibility.

- Minimize distractions.

Limit passengers. Every additional passenger increases the risk of a crash.

No cell phones for calls or texting while driving.

- Know where they’re going and what route they’ll take, when they’ll arrive and when they’ll get home.
- Set a good example. We repeat: They’re watching!



## Mature Drivers: Words to the Wise



If you're of a certain age (and it's younger than you think!), you know physical and mental changes can affect driving – changes to vision, strength and flexibility, and mental reaction time. No one is immune, but some simple steps can help you drive longer and safer:

- Stay active and keep on exercising. Driving a vehicle requires strength, flexibility and endurance.
- About 90 percent of the information required for driving safely relates to vision. Have yours eyes tested annually.
- Stay mentally sharp. Do crosswords, play games, learn a new language!
- Learn the effects of your medications on driving alertness, vision and other skills.
- Fit your car to you. Adjust steering wheel, seat, headrest, seatbelt and mirrors. Check on special equipment for steering and foot-pedal operation.
- *You* take charge. Limit your driving to match your skills. For example, drive only during daylight or on less congested routes.

### It's a tough one

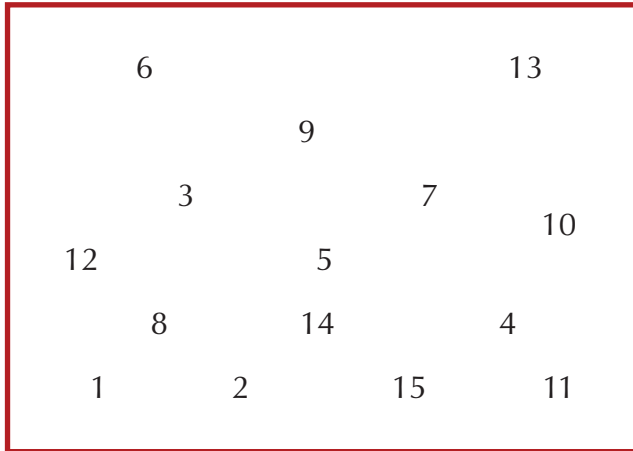
Most adult children say they would rather talk to parents about funeral plans than about taking away the car keys. But it's a conversation many of us will have. How can you prepare?

- Talk about driving plans before a crisis – do some early planning.
- Base your judgments on facts, not age.
- Find resources that can help evaluate driving skills.
- Look for alternatives to driving.

## Test your reactions

Put your finger on the number 1 in the bottom left corner below. Give yourself 10 seconds to touch each of the other numbers in order.

How many did you touch? Try this three times and see if your score improves.



## Scoring your results

- 1) Find your age in the left column.
- 2) Look across to the right for the column with your score.
- 3) Compare your score with the average of others in your age group.

| Age         | Below Average | Average | Above Average |
|-------------|---------------|---------|---------------|
| 70 and over | 1-5           | 6-9     | 10-15         |
| 60-69       | 1-7           | 8-11    | 12-15         |
| 50-59       | 1-8           | 9-12    | 13-15         |



### Great resource

AAA's "Roadwise Review" is an assessment tool that you can use on your home computer. It helps you examine your vision, reaction time, and other measures related to driving, and provides good information about driving safety. (See "AAA Seniors" link on inside back cover.)

### *Give 'em a boost!*

Seat belts fit adults, not young kids! Booster seats reduce injury risk by 59 percent compared to using seat belts alone.

### *Give it a try!*

When you find a seat you like, try it out. Put your child in it and adjust the harnesses and buckles. Make sure it fits properly and securely in your car.

## Are Car Seats Driving You Crazy?

Picking a car seat can be confusing. But you *can* find a seat that fits your child and your vehicle, and you can install it correctly!

### Common problems – simple solutions

The most common mistakes with car seats can be easily corrected:

- Harness straps are loose.
- Retainer clip on the harness is too low or too high.
- Seat isn't secured tightly enough.
- Carrying handle on an infant seat is in the wrong position.

Other frequent errors: children are in the wrong seat for their size, or babies are facing forward too soon.

### As they grow, don't skip a step

1. The American Academy of Pediatrics recommends that babies should remain rear-facing until they are two years of age or until they reach the highest weight or height allowed by their car safety seat's manufacturer.
2. Forward-facing seat with a harness until the child is at least age four.
3. Booster seat until the child is four feet nine inches tall.
4. Adult seat belt will fit properly when child is more than four feet nine inches.

Remember: Kids are safest in the back seat.



REAR-FACING



FORWARD-FACING



BOOSTER



SEAT BELT

## Kids, Cars and Hidden Hazards

### Danger in the driveway

- Teach children never to play around or in vehicles.
- Take a quick walk around your car before you get in.
- Be especially alert during hectic times, schedule changes, family gatherings and holidays.

### Trapped in the trunk

- Lock your vehicle and keep keys out of kids' reach.
- Teach children about the dangers of climbing into a trunk. (But kids are kids, so if your car has an emergency trunk release, consider showing them how to use it.)
- When a child is missing, check vehicles and trunks immediately.

### Running hot and cold

- Don't leave children (or pets) alone in vehicles, even to run a quick errand, any time of the year.
- Car interior temperatures can reach dangerous levels quickly in warm or cold weather, causing permanent injury or even death.



#### ***A note about power windows***

If you have kids in the car, keep the power windows locked from the driver's seat.



## “Hey! I’m Walkin’ Here!”



### *Stayin’ alive*

What exactly is retro-reflective material?

Retro-reflective materials light up brilliantly when struck by the beams of a headlight — reflecting up to 1500 times more light than white fabric when viewed under nighttime driving conditions.

Drivers and pedestrians beware! People on foot are most likely to be hurt when:

- darting out from between parked cars or dashing across an intersection.
- walking along the edge of a roadway.
- crossing a multi-lane street.
- crossing in front of a turning vehicle or behind a vehicle that is backing up.
- crossing in front of a stopped bus.
- they’ve had too much to drink.

### If you’re walking

- Cross at intersections or in crosswalks. Don’t enter a crosswalk while the “Don’t Walk” sign is flashing. Watch for turning vehicles even if the “Walk” signal is on.
- Make sure that drivers can see you. Make eye contact. Wear retro-reflective material and carry a flashlight at night.
- Walk against the flow of traffic. You’ll see oncoming traffic and be more visible.
- Teach kids how to cross the street safely at intersections and set a good example.

### If you’re driving

- Stop for pedestrians in crosswalks.
- Be alert for children, especially around school buses.
- Be alert when turning corners.

## Is Autopilot Next?

Could be! Ever since people got behind the wheel of the first auto, vehicles and roadways and even drivers have evolved!

Technology continues to make vehicles safer.

Windshield wipers, seat belts, air bags, anti-lock brakes, lane departure warnings, voice activated systems – the list is long and growing!

And engineers are working to make the roadways safer, too. From low-tech solutions like rumble strips to high-tech fixes like vehicle windshields with lasers and sensors that “read the road,” the technology is either with us or on the horizon.

So, we’ve got all that brainpower working on intelligent vehicle systems and intelligent roadway systems. But who’s working on engineering safer drivers?!

Most traffic crashes are caused by human error – and technology can’t replace safe driving habits. It’s not rocket science, but we can “engineer out” most crashes. How? Slow down, pay attention, drive sober and buckle up! Low tech – sure. But effective – absolutely!



*Good advice is timeless!*

### Unfailing Antidotes to Motor Accidents

Two rules, both of them simple and easy to remember are all that any motorist needs to know and observe to obtain complete immunity from accidents. They are:

1. Keep your mind on the operation of your car while it is in motion.
2. Keep your machine under easy control at all times.

*St. Paul Pioneer Press, June 1921*



## Big Wheels Keep on Turnin'...



... *if* you take proper care of your vehicle! A breakdown on the road isn't just a nuisance, it can be downright dangerous, so:

- Check the basics regularly: fluid levels, belts and hoses, battery, etc.
- Buy a tire gauge and check air pressure at least once a month – improperly inflated tires can

decrease your control and increase your gas bill.

- Check windshield wiper blades and replace them if they are split or leave streaks.
- Your owner's manual can help – look up maintenance issues and schedules.

### *Random tips for safer trips*

- Avoid the airbag – hands on the steering wheel at 9 and 3 to prevent injury if the airbag deploys.
- Sit back at least 10 inches from front air bags.
- Passengers – don't distract the driver!
- Don't get hit by flying debris. Put your junk in the trunk!

## Roadside Emergency? Be Prepared!

Assemble an emergency kit and keep it secured in your car. Include the basics:

- booster cables
- cell phone and car charger (but *do not* talk on that cell phone when driving!)
- fold-up shovel
- tow rope and bungee cord
- sand or kitty litter
- flashlight with extra batteries
- first aid kit
- emergency flares
- non-perishable food like energy bars and bottled water
- blanket or sleeping bag
- multipurpose tool (screwdrivers, pliers, knife, etc.)
- duct tape (don't leave home without it!!)

# Resources and Sources

## Learn More!

### AAA

- [www.AAAexchange.com](http://www.AAAexchange.com)
- [www.AAAfoundation.org](http://www.AAAfoundation.org)
- [www.AAAseniors.com](http://www.AAAseniors.com) (includes “Roadwise Review”)
- [www.AAA.com/safety](http://www.AAA.com/safety)
- [www.TeenDriving.AAA.com](http://www.TeenDriving.AAA.com)

### Minnesota Safety Council

- [www.minnesotasafetycouncil.org/traffic](http://www.minnesotasafetycouncil.org/traffic)
- [www.carseatsmadesimple.org](http://www.carseatsmadesimple.org)
- [www.safe-a-rooni.org](http://www.safe-a-rooni.org)

## Sources for *Get There! Your Guide to Traffic Safety*

### AAA

AAA Foundation for Traffic Safety

Minnesota Safety Council

Association of American Railroads

Coaching Systems, LLC

Federal Highway Administration

Federal Motor Carrier Safety Administration

Michigan Office of Highway Safety Planning

Minnesota Department of Public Safety, Office of Traffic Safety

Minnesota Department of Transportation

Motorcycle Safety Foundation

National Safety Council

National Highway Traffic Safety Administration

Operation Lifesaver, Inc.

Safe Kids USA

Unofficial DMV Guide

*Get There! Your Guide to Traffic Safety* is a project of AAA and the Minnesota Safety Council. Additional funding provided by the Minnesota Network of Employers for Traffic Safety.



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