

Army *Safety* Gram

Leading on the Edge for Safety *Excellence*

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Drive to Arrive Alive

When you drive a motor vehicle, you should give this task 100 percent of your attention. Serious traffic accidents have occurred because the drivers were momentarily distracted and took their attention off their driving. Always drive defensively. By knowing where vehicles are beside you and behind you, you can slow or swerve to avoid an obstacle on the road ahead. Always leave yourself an out. Defensive driving means being aware the other driver can make a mistake, endangering you.

Here are some driving safety reminders:



- ◆ Do not drink and drive. Also be aware many drugs, including common over-the-counter medications, can affect your ability to drive safely.
- ◆ Wear your seatbelt any time the vehicle is moving, even for short trips. Insist everyone in the vehicle buckle up as well.
- ◆ Pass safely. Do not pass in a no-passing zone or where you can't see a clear lane ahead.
- ◆ Don't exceed the speed limit, but do not drive so slowly as to impede traffic, either. Adjust speed for poor conditions such as heavy traffic, poor visibility, slippery surfaces, and road construction.
- ◆ Do not follow too closely. Observe the two-second rule. When you see the rear of the car ahead of you passing a certain point, start counting the seconds - "one thousand, two thousand" and so on. The front of your car should not pass the point until you have counted two seconds.
- ◆ Get the big picture. Look around rather than staring at the road or vehicle ahead. Be aware of vehicle and pedestrian traffic, road conditions and situations to which you may need to react.
- ◆ Don't try to race a red light. If a light ahead of you has been green for a while, you can expect it to turn amber and red soon.
- ◆ Before entering an intersection or turning, look left, right and then left again.
- ◆ On a freeway approach ramp, match your speed to that of the other vehicles before you attempt to merge. Get into the correct lane for exiting a freeway well in advance. Don't make a sudden lane change to reach an off-ramp; drive to the next exit and backtrack to reach your destination.
- ◆ Be alert to small vehicles such as compact cars which may be obscured by your vehicle's blind spot. Share the road safely with motorcycles and bicycles.
- ◆ Do not allow yourself to be distracted from the road by talking on a telephone, tuning the stereo, drinking coffee or other activities.
- ◆ Look out for your personal security when traveling in a vehicle. Lock the doors. Look around before you get in or out of your vehicle. Avoid isolated, poorly-lit routes and parking areas.
- ◆ Maintain your vehicle in good mechanical condition to prevent breakdowns. Have regular inspections of your vehicle's safety systems including brakes.



Safety has to be your first concern whenever you are driving.