



Driving

SafeTips from the Naval Safety Center

Quick and easy summaries to find out about something new you're doing or as a refresher for something you haven't done in a while. They're a great training tool to pass around at meetings, through e-mail, or post on bulletin boards.

- ⇒ Don't drink and drive. If you plan to drink, plan your transportation in advance. Every year, 23,000 people die because someone else didn't follow this rule.
- ⇒ Don't drive if you are tired.
- ⇒ Keep your car running well. Make sure your tires, brakes, headlights and taillights, and turn signals are all working perfectly.
- ⇒ Obey the speed limit. Slow down in rain, snow, fog and darkness.
- ⇒ Stay aware of the drivers around you. If you see an erratic driver, don't get angry, get away from them.
- ⇒ Be careful at intersections. The average American driver is mediocre. Don't assume others are going to do the right thing.
- ⇒ Keep your children in car safety seats, and know how to install the seats.
- ⇒ Drive defensively. Obey the rules and be predictable.
- ⇒ Use caution at turns. Use your signals.
- ⇒ Use cell phones with caution. Pull over if you can, or limit your calls to emergencies.
- ⇒ If your car has an Anti-lock Braking System (ABS) and you must brake because of an obstacle, be sure to press the brake pedal and hold, and gently steer around the obstacle.
- ⇒ When the gas tank in your car gets to half full, fill it up. You never know when a massive traffic jam will snare you.
- ⇒ Walking your dog at lunch time is more pleasant and safer than trying to do it in the dark before or after work. You can see icy patches more clearly, and motorists can see you better.

www.public.navy.mil/navsafecen/pages/media/index-safetips.aspx



Naval Safety Center
375 A Street
Norfolk, VA 23511-4399

Contact the Media Division
(757) 444-3520 ext. 7870
safe-mediafdbk@navy.mil