

## DRIVING SAFETY TIPS

This issue of the Digest summarizes driving safety tips for anyone driving a car for business or pleasure.

1. *Always wear your seat belt.* Wearing seat belts can increase your chance of survival in an accident. If your passengers are children, place them in correctly installed car safety seats.
2. *Do not drink and drive.* Alcohol impairs a driver's judgment, vision, and reaction time. According to the Texas Department of Insurance (TDI), each year 23,000 people die in drinking and driving accidents.
3. *Do not drive if you are tired.* Driver drowsiness and fatigue causes 100,000 accidents a year, according to the National Highway Traffic Safety Administration estimates.
4. *Maintain your vehicle in good condition.* Always check and be sure the tires, brakes, headlights, taillights, and turn signals are working properly.
5. *Obey and speed limit and maintain a safe driving distance between you and the car in front of you.* Keep at least one car length for each 10 miles per hour you are driving between you and the car in front; keep a greater distance in bad weather conditions and darkness.
6. *Drive defensively and be aware of drivers around you.* Stay away from drivers who are driving aggressively or experiencing road rage. Pull off the road if necessary.
7. *Be careful at intersections.* According to TDI, over 2/3 of all traffic injuries occur at intersections, so always be alert when approaching them.
8. *Do not drive while using a cell phone.* If you need to use a cell phone while driving, pull off the road in a safe and legal place. TDI reports that cell phone users who drive while talking have a 34 to 200 percent higher risk of a collision than drivers who do not talk on cell phones and drive.
9. *Be very careful when driving in road construction areas.* According to TDI, each year in Texas approximately 100 people are killed in highway and road construction areas, most of them are motorists.

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Source: Texas Department of Insurance, Division of Workers' Compensation, "Driving Safety Tips."