



## Life-Saving Rules of the Road

### **Wear Protective Equipment - Seat Belts and Crash Helmets – Even on Short Trips.**

- Wear your seat belt at all times when operating a vehicle, and be sure all passengers are also wearing theirs.
- Wear your seat belt when using public transportation (taxis, buses) in all seats, at all times.
- Wear a crash helmet and protective clothing anytime you ride a two/three-wheeler.

### **Prevent Drowsy Driving**

- Get sufficient rest before getting on the road; 7-9 hours of sleep is recommended each night.
- Avoid driving after a long-haul flight across time zones. Make overnight accommodations or arrange for transfer to and from the airport to avoid having to drive after a long trip.
- Avoid driving between midnight and 6 am (00:00-06:00) and between 2 pm and 4 pm (14:00-16:00). These are high risk times for fatigue-related collisions due to our natural circadian rhythms.

### **Be Vigilant at Intersections/Junctions**

- Approach intersections with caution and low speed; watch for cyclists and pedestrians.
- Enter intersections with caution. Wait at least 2 seconds if you are first in line and look both ways before you drive through.
- Continue to stay vigilant as you pass through the intersection.
- Be on the lookout for “red-light runners” or other drivers, cyclists/motorcyclists who may turn in front of you or pedestrians who may cross your path.

### **Don't Drive Under the Influence**

- Don't drive if you are under the influence of alcohol or other drugs. One alcoholic drink, of any type or size, is one too many if you are planning to drive!
- Don't drive if you are taking prescribed or over-the-counter medication that causes drowsiness.

**Don't Speed**

- Drive at or below the speed limit, as conditions permit.
- Drive slowly and carefully through school zones and parking lots.

**Stay Focused; Don't Drive Distracted**

- Avoid distractions while driving!
- Don't talk (hand-held or hands-free) or text and drive. Stow away your phones and other electronic devices in a secure place in your vehicle so that they don't become harmful projectiles when emergency braking.
- Don't be the cause of the other driver's distraction. If you are hosting a conference call, be sure your callers are not driving.

**Scan 360!**

- Check your mirrors every 5 seconds.
- Check your rearview mirror every time you brake to slow down or come to a stop. Be aware of the motorist behind you, and be visible to them.
- Pedestrians may be crossing, but hidden from your view. If your field of view is blocked, do not proceed until you know it's safe to go.

**Stay Alert and Know Your Escape Routes.**

- On undivided highways, be alert to drivers, in the opposing lane, who may move into your lane while making a passing maneuver, or drift into your lane due to distraction or driving while fatigued. Stay alert, be prepared and know your escape route(s).
- Don't be that driver drifting into opposing traffic or making an unsafe passing maneuver!

**Keep a Safe Following Distance**

- Keep a 3-second following distance (minimum).
- In rainy weather, increase your following distance to 4-8 seconds (minimum).
- In snow, increase your following distance to 8-12 seconds (minimum).
- If the conditions are hazardous, stay off the road!

**Consider the Time of Day**

- Watch for sun glare that can restrict your view and raise the risk of rear ending another driver or colliding with pedestrians or cyclists.
- Avoid driving between midnight and 6 am (00:00-06:00) and between 2 pm and 4 pm (14:00-16:00). These are high risk times for fatigue-related collisions due to our natural circadian rhythms. This tip is worth repeating!

## **Personal Security**

- Plan your route to avoid the risk of getting lost.
- Avoid quiet and poorly lit roads.
- Keep doors locked at all times.
- Making sure you have enough fuel for your journey.
- Always let someone know your intended route and estimated time of arrival.
- NEVER stopping for hitchhikers or strangers. Even if someone tries to flag you down at the roadside you should drive on then alert the police as soon as it is safe to do so.
- Make sure your cell phone is full charged before setting off.

**Your Choices Drive Your Safety and the Safety of Others...**  
**Drive Defensively!**