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National Active & Retired Federal Employees

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Cell phones while driving:

- 1.6 Million crashes each year
- 390,000 injuries each year



1 out of every 4 accidents in the US is caused by texting and driving.

PAY ATTENTION

Be aware of your surroundings & don't depend on other drivers



Studies show that:

- 25% of drivers neglect to signal when turning
- 48% of drivers neglect to signal when changing lanes
- An estimated 2 million crashes per year are due to not using turn signals



SAFETY RESTRAINTS



Child and baby seats should be fitted properly and checked every trip.

Safety belts, when used correctly, reduce the risk of fatal injury by 45% for front seat passengers.

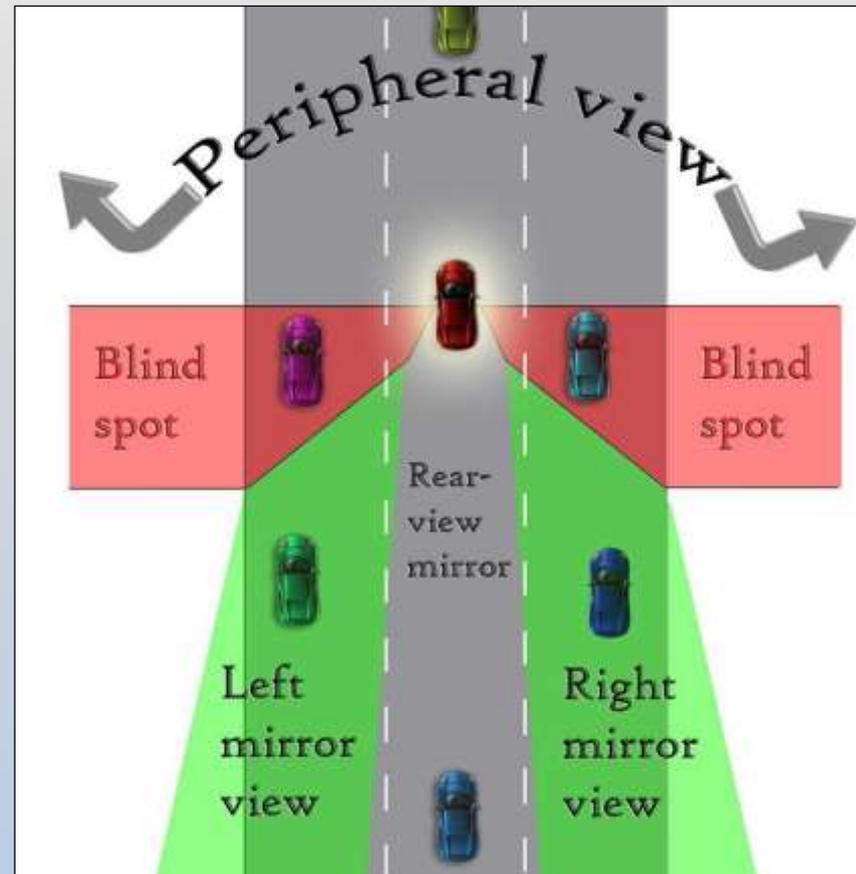


BLIND SPOTS



Blind spots are larger for larger vehicles – take care not to linger in a blind spot when traveling near other vehicles.

All vehicles have places where the Driver cannot easily see if another vehicle is there.



SAFE DISTANCE

Safe Driving Distances at 55 MPH in Good Conditions



Farm tractor

*Farm equipment typically has max speeds of 25 mph.

50 feet

(about 4 car lengths)



Snow plow

*Snow plows typically travel slower than 55 mph.

70 feet

(about 5 car lengths)



Car

243 feet

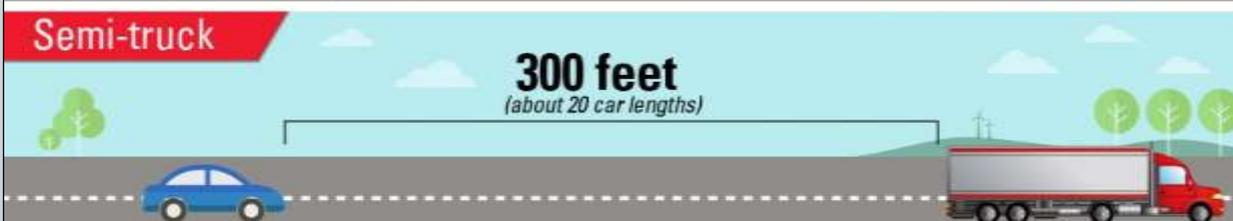
(about 16 car lengths)



Semi-truck

300 feet

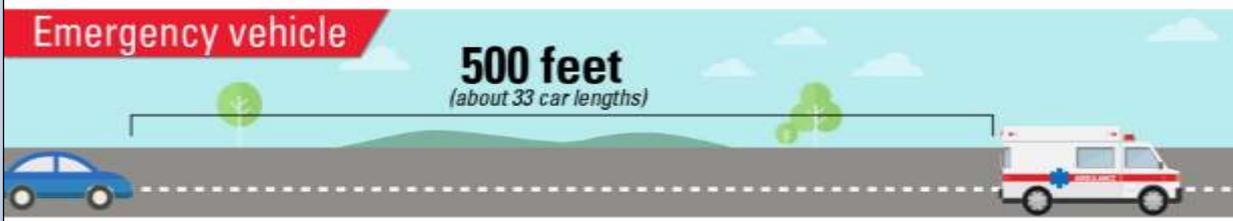
(about 20 car lengths)



Emergency vehicle

500 feet

(about 33 car lengths)





You should reduce your speed by $\frac{1}{3}$ on wet roads.

Overall stopping distance is doubled for wet roads.

You should reduce your speed by $\frac{1}{2}$ or more on snow and ice.

Overall stopping distance is multiplied by 10 for snow and icy conditions.



For long trips, share the driving responsibility with a friend. This lets you nap and keep an eye on one another.

Tiredness is considered one of the major factors of road accidents. When driving long hours, have a break and rest for at least 15 minutes every 3 hours.



- ARDOT.gov
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