

Chapter 6 - Safe Driving—A Real Workplace Concern

Suggested Activities

- **Demonstrate** how to make a thorough safety check of a company vehicle
- **Show** employees where emergency equipment is stored in company vehicles.

For additional information, refer to the **Background** text below.

Background

Motor vehicle accidents are the leading cause of deaths on the job, and a major cause of work-related injuries. Every company whose employees drive any kind of vehicle as part of their jobs should have a clearly written policy on vehicle use, maintenance, and formal driver training. Even employees whose jobs do not require driving will benefit from safety talks on sensible and defensive driving.

The driving behaviors that most often lead to accidents are: 1) driving too fast, 2) ignoring traffic signs and signals, 3) following too close to another vehicle, 4) driving in the wrong lane, and 5) failing to yield to another vehicle.

Every driver knows better than to do these things, but, at least some of the time, every driver does them. Here are a few basics of good driving that everyone should follow—on and off the job.

Obey the speed limits. Speed limits are posted because they're considered the safest top speed for the road. In addition, most states have raised their fines for speeding tickets and reduced the number of tickets allowed before suspending a driver's license. Workers who need to drive as part of the job can't risk losing their licenses.

Pay attention to traffic signals and signs. Even when you have the green light, look both ways to make sure someone else isn't jumping a red light from the other direction. Many drivers today seem to think a yellow light also means GO. It actually means STOP unless you're already in the intersection. Red lights mean STOP. Period. In some places, you're allowed to turn right on red, but you still have to come to a complete stop first and make sure there are no pedestrians or other cars in your way before you turn.

Traffic signs also provide important instructions. Stop means a full stop, not a pause. Yield means let the other vehicle go first. Signs that tell of construction or road hazards ahead are like the labels on containers of hazardous chemicals. They're a valuable source of information and a warning to take protective steps.

Don't follow too closely. Stay at least two seconds behind the vehicle in front of you. The easiest way to make sure of that is to notice when the driver ahead passes something stationary, like a telephone pole. Start counting—"one thousand one," etc.—and be sure you complete at least "one thousand two" before you pass that same stationary object. If the weather is bad or if you're hauling a trailer, keep the distance even greater.

Pass on the left only, signaling first that you're going to do so. Check to see that 1) there is nothing coming from the other direction, 2) no one in back of you is trying to pass you at the same time, and 3) no one from a farther-left lane is moving to the same lane you want to enter. Then signal, pass, and signal as you're getting back into your lane.

Yield to drivers who have the right of way. In fact, yield to insistent drivers who don't. When merging onto another road, as from a highway entrance ramp, yield to drivers already on the highway. In a situation like a 4-way stop, courteously and cautiously take your turn going into the intersection.

Difficult Driving Conditions

There are, not surprisingly, more accidents at night and in bad weather. Every driver should be prepared to modify driving habits during those times.

Night driving has two key hazards: poor visibility and exhaustion. People are tired at night and they may not be paying close attention to their driving or to you. In addition, reflexes may be slower, so you have to be extra alert to make up for possible lapses on your own part or that of other drivers.

Rain, snow, fog, and other weather conditions can be especially dangerous when you're driving. It's best to avoid driving in bad weather if possible, but you can't always do it. Here are some bad-weather driving tips.

Rain. A light rain can make the road just as slick as a heavy downpour, so keep your speed down as soon as it starts. And stay four, not two, seconds behind the driver in front. You can't count on stopping as quickly in the rain.

- Do your best to improve visibility. Use your windshield wipers, defroster, and headlights. Check this equipment periodically and replace defective items promptly.
- Be careful of large puddles. They can make your brakes less effective. Also, the splashes you create can make it impossible for other drivers to see. If you drive through a puddle, do it slowly, keeping your left foot lightly on the brake pedal to keep your brake pads dry. Test the brakes lightly afterwards.
- One of the worst problems in the rain is called hydroplaning. It means your tires are riding on the water instead of the road, and it tends to happen at speeds of 30 mph or more. The best way to avoid it is to drive more slowly and more smoothly in the rain, trying to avoid puddles. If you do find yourself

hydroplaning—if your car gets out of control—take your foot off the gas. Don't brake suddenly.

Snow and ice. Snow and ice create numerous driving problems: glare, skids, getting stuck. Most people also feel more tense when driving in bad winter weather and don't drive as well as they might normally. These precautions will help:

- Reduce glare by wearing sunglasses.
- Remove snow from your windshield, windows, hood, and roof before you get in the car. Make sure your headlights and taillights are clear. As you drive, use your windshield wipers and your defroster.
- Reduce speed and increase the distance between you and the car in front. You need three to twelve times more distance to stop in snow or ice. Stop or slow down by braking slowly.
- If you skid, turn your steering wheel into the skid and take your foot off the gas pedal. Don't brake. Just steer gently into the direction of the skid and straighten out the wheel after each turn.
- Be on the lookout for icy patches. Bridges, as signs often warn, tend to freeze before normal road surfaces. Shaded spots will stay icier longer.

Fog. Fog is usually a warm-weather problem and can appear suddenly in patches. When entering a foggy area, slow down gradually to avoid hitting any unseen cars in front of you and to prevent any cars behind from hitting you. Use your headlights on low beam so that you can see and other people can see you. Use your windshield wipers and defroster. Avoid passing. If you can't see well enough to drive safely, do not stop in the roadway. Pull well off the road, leaving lights and flashers on so your car can be seen.

Seat Belts

Seat belts, personal protective equipment for use when driving or riding in a car, can prevent many injuries and deaths. Two common myths about accidents and seat belts have been shattered by the National Safety Council. These myths are that 1) seat belts will trap drivers in their vehicles in case of fire or submersion, or 2) it is better to be thrown clear.

But the Council stresses that "Less than one-half of one percent of all injury-producing collisions involve fire or submersion"—and not wearing a seat belt could mean you're knocked unconscious, and unable to get out. Also, a person is "25 times more likely to be fatally injured if ejected from the vehicle than if inside and buckled up."

To be effective, a seat belt must be worn correctly. Keep the lap belt snug and low around the hips. The shoulder belt should go across the collarbone and over the shoulder, not under the arm. Above all, don't wear the shoulder belt alone, without the

lap belt. In an accident you may break bones, be strangled, or be thrown around or out of the car.

Seat belts are necessary at all times. Most serious and fatal injuries occur in cars going less than 40 mph—and most could be avoided by wearing seat belts. Seat belt use is mandatory in an increasing number of states. But even if it's not required by law, it should be required by common sense and a desire to live.

Defensive Driving Techniques

With today's overcrowded and under-maintained roads, every driver has to be constantly alert to potential accidents. There are a number of defensive driving techniques and strategies that can go a long way to promote on-the-road safety. Here are a few.

- Keep your eye on the other guy. In fact, always expect the worst from other drivers, who may not be as skillful, alert, or concerned as you. Expect them to go too fast, change lanes, pass, jam on the brakes, etc.
- Keep your eye on the road. You don't want to plow into a pothole or hit some piece of debris. Always be on the lookout for pedestrians, bicycles, and animals that can dart into the road, as well as for people getting out of parked cars.
- Don't let yourself get boxed in heavy traffic. Try to keep a little distance between you and the other car and keep an eye on where you can go if there's an accident. Slow down going into curves until you see what's ahead.
- Keep all your senses on high alert when you see a school bus. Never pass a stopped school bus—it's against the law. And keep in mind that school buses mean children getting on or off and crossing streets.
- Be aware that different vehicles handle differently and react differently to weather, wind, etc. If you're used to driving a heavy, full-size sedan, be cautious when you first drive a small car. It's lighter and needs more driver control in wind—even the wind created when you're passed by a large truck.
- Continually check other traffic with your rear- and side-view mirrors. Learn their blind spots, and turn your head occasionally to check whatever the mirrors don't show. Adjust mirrors as soon as you enter a different vehicle.
- Keep your mind on your driving, your eyes on the road, your hands on the wheel. Driving is no time to get deep into daydreams, planning, or conversation with a passenger.
- Don't drink and drive! Alcohol is believed to be a factor in at least half of motor vehicle deaths as well as many serious accidents. Drug use—even prescription drugs—can have similar effects. As in all work situations, substance abuse cannot be tolerated while driving company vehicles.

- Maintain your vehicle. Keep it tuned according to manufacturer's specifications. Make sure tires, lights, fluids, belts and wires, wipers, etc. are checked out regularly.

Safe Driving Checklist

Obey the Law

- Observe speed limits.
- Obey traffic signs and signals.
- Pass other vehicles only on the left; signal your intention before changing lanes.
- Never pass a stopped school bus.
- Yield to drivers who have the right of way.
- Never drive under the influence of alcohol or other drugs.
- Use your seat belt (even if it's not required by law in your state).

Drive Sensibly and Defensively

- Never "tailgate;" stay at least two seconds behind the driver ahead of you.
- Don't insist on your own right-of-way if the other driver will not yield it.
- Dim your headlights for oncoming cars and those ahead.
- Be aware of what's happening several vehicle lengths ahead and behind you.
- Expect the unexpected:
 - Reckless behavior from other drivers
 - People, or animals darting into the road
 - Swerving cyclists
 - Potholes or debris in the roadway

Take Bad Weather Precautions

- Improve visibility:
 - Use wipers, defroster, and headlights
 - Counter glare from sun or snow with sunglasses
 - Clear snow from hood, roof, and all windows
- When visibility is poor or roadways are slick:
 - Reduce speed
 - Increase distance from car ahead
 - Brake gently
- Watch out for puddles, icy patches, sudden pockets of fog.

- If you skid, steer gently "into it," not using brakes or gas.

Maintain Your Vehicle

- Don't abuse it by driving too fast over bumpy terrain.
- Don't make unnecessarily sharp turns or sudden stops and starts.
- Be sure that scheduled maintenance checks are carried out on time.
- Be alert to below-par performance of any equipment; have it attended to promptly.

Safe Driving

Meeting Objectives

To review the factors that make driving the leading cause of accidents and accidental deaths and provide an overview of the importance of using safety belts, motorcycle helmets, and the safe driving skills that prevent accidents in motor vehicles. The result should be greater use of safety belts and motorcycle helmets and more awareness of driving as a skill that requires constant alertness and attention.

Introduction/Overview

More people are killed or injured in motor vehicle accidents than in any other way, both on and off the job. Here are a few statistics:

- Motor vehicle accidents are the number one cause of all accidental deaths, accounting for nearly half of them.
- There were 41,200 motor vehicle deaths in 1998.
- There were 2,200,000 disabling injuries caused by motor vehicles in 1998.
- There were total motor vehicle accident costs of \$191.6 billion in 1998.

We can assume that most of the people killed or injured in motor vehicle accidents knew how to drive, yet that didn't prevent the worst from happening. We hope that by highlighting some of the most common causes of accidents—and some of the ways to prevent them—we can help you stay safe behind the wheel.

General Hazards

Driving can present all kinds of hazards: other vehicles, poor road surfaces, poor visibility, and stationary objects such as trees or posts.

But the greatest potential hazard of all is the driver. Improper driving causes more than half of fatal accidents and more than two-thirds of accidents that cause injuries. Speeding is the worst culprit.

Other types of improper driving that often lead to accidents are:

- Ignoring traffic signs and signals
- Following too close to another vehicle
- Driving in the wrong lane
- Failing to yield to another vehicle.

There are three other factors that come up again and again in accidents:

1. Drinking. About half of all fatal accidents involve drivers who have been drinking alcohol.
2. Night. More than half of motor vehicle deaths occur in accidents that happen after dark.
3. Seat belts. If you do have an accident, wearing a seat belt is considered 45 percent effective in preventing death and 50 percent effective in preventing moderate to critical injuries.

OSHA Regulations

Currently, there are no specific OSHA regulations covering driving of cars, trucks, and other on-road vehicles (there are regulations covering forklifts and other powered industrial trucks). However, OSHA's "General Duty" clause requires employers to maintain a workplace free of hazards. It makes sense for them to require employees to follow safe driving practices like wearing seat belts when driving or riding in motor vehicles on company business. Although there are no specific OSHA training requirements for driving, following safe practices can reduce accidents and even save lives.

Protection Against Hazards

Let's look at what you can do to prevent accidents.

First and foremost: buckle up. In many states, wearing seat belts is the law. And it's common sense at any time and place. Be sure to use seat belts even for the shortest and slowest trips. Serious and even fatal injuries can occur at speeds under 40 miles an hour.

For the greatest protection, place your shoulder belt across your collarbone and over your shoulder. Your lap belt should be snug and low across the hips. Then, if

there's an accident, you won't get thrown into the windshield or steering wheel, or out of the car.

You don't need instructions for wearing a motorcycle helmet. The point is—just do it. Even when it's not legally required, it's the best way to keep your head.

Driving is a skill. Don't take it for granted or decide that things like speed limits and red lights are only there for other people. People do sometimes get away with ignoring the law and good sense. But if you push the law of averages, dangerous driving will catch up with you.

A good driver is a defensive driver, always alert and aware when behind the wheel. Let's look at what that means in terms of specific driving rules and techniques.

- Obey the speed limit. Speed limits are considered the safest top speed for a particular road. Obey them even if you don't agree. It cannot only save lives, but your driver's license. Many states suspend speeders' licenses, plus impose heavy fines.
- Obey traffic signs and signals. Jumping stop lights and signs is a major cause of accidents—especially since the driver across the intersection may be jumping the light, too. Stop at red lights and stop signs. And remember: A yellow light doesn't mean go. It means stop unless you're already in the intersection.

Always slow down and look both ways before you go, even if the light is green or you're allowed to turn right on red. And pay attention to other traffic signs, including notices to yield, or construction or road hazards ahead.

- Don't tailgate. The rule is to stay at least two seconds behind the vehicle in front of you. When the car in front of you passes something stationary like a telephone pole, count "one thousand one, one thousand two." If you get to the pole before "one thousand two," you're following too closely.
- Pass on the left only. That's true on a highway as well as other roads. And before you pass, check that nothing's coming from the other direction or behind you. Then signal, pass, and signal again as you move back to your regular lane.
- Yield right of way. Always yield when the other driver has the right of way, or if he's determined to take it. At a four-way stop, take your turn before going into the intersection. When you're going onto a highway from an entrance ramp, check the traffic and yield to those vehicles on the highway. They're going faster than you and might not be able to slow enough to let you in.
- Don't overload a vehicle. A vehicle that's overloaded with people or weight is likely to have less stopping ability. Overloading can also make tires overheat and blow out. An overloaded vehicle can block the driver's rear and side vision. In addition, if you put too many people in a vehicle, there won't be enough safety belts to go around.

- Don't drink and drive. Everyone knows that, but we also know that people still do it. The same goes for drug use. Alcohol and drugs:
 - Slow your reactions
 - Blur your vision
 - Reduce your ability to judge distance
 - Impair your judgment
 - Make you think you're doing great when you're not.

Don't drive for at least an hour after you've had a drink. Even better, don't drive at all. If you're in a group, have a designated nondrinker who will be able to get you all home safely.

- Be especially cautious at night. You can't see as well at night, and you're likely to be tired, which may reduce your attention or your reaction time. For safe night driving:
 - Let your eyes adjust to the dark when you leave a building.
 - Make sure your headlights are clean and working properly—and turn them on as soon as it starts to get dark.
 - Allow more distance between you and the car in front than during the day.
 - Don't use your high beams if there's a car in front of you or coming from the other direction.
 - Stop at a rest area when you're tired. Walk around and get some fresh air. Have a cup of coffee.
 - Try not to stop on the side of the road, especially on curves. Other drivers may not see you or may not realize you're not moving. If you have to stop, use flares or flashers.

Bad Weather

Driving always requires your full attention but never more than in bad weather when road conditions can change and other drivers are more likely to make stupid or careless mistakes.

Rain, even a light shower, makes the road slick, so slow down. Stay four, or two, seconds behind the driver in front because you may not be able to stop as fast. In addition:

- Use wipers, defroster, and headlights to improve visibility.

- Be careful of large puddles that can make your brakes less effective. Drive through slowly, tapping your left foot on the brake. Test the brakes once you're through the puddle, making sure the driver in back isn't so close he'll hit you.
- Avoid hydroplaning. That's when you lose control because your tires are driving on water instead of the road. Drive slowly and smoothly, avoiding puddles. If you do lose control, take your foot off the gas. Don't brake suddenly.

Snow and ice terrify many drivers and they drive poorly. These conditions do require more caution. Follow these guidelines:

- Wear sunglasses to reduce glare.
- Clear snow off windshield, windows, hood, roof, and lights.
- Use your wipers and defroster.
- Drive and brake slowly and stay further behind the car in front.
- Watch out for ice, especially on bridges and in shady spots.
- Turn into a skid and take your foot off the gas. Don't brake.

Fog is also causes accident. Slow down gradually as you enter fog so you don't hit someone and so the cars behind don't hit you. Put your headlights on low beam and use your wipers and defroster. Avoid passing. If you can't see well enough to drive, pull off the road, leaving flashers and lights on.

Safety Procedures

There are numerous other safety procedures and techniques that will help you stay safe on the road. Traffic is so heavy these days, and poor roads and road construction so common, that there's a lot to pay attention to. Make defensive driving a way of life.

- Keep your eyes on other drivers and expect them to do the unexpected.
- Keep your eyes on the road and be prepared to react quickly. Watch out for potholes, debris, pedestrians, bicycles, and animals.
- Look for changes in traffic and road conditions. Slow down when you see a lot of brake lights and expect to act quickly.
- Keep a little distance behind the car in front of you in heavy traffic so there's somewhere for you to go in an accident.
- Be especially cautious in heavy traffic. There's always the possibility of a disabled or overheated car, cars passing from any side, or cutting in and out of lanes to get to an exit or to try to move more quickly through the traffic. Be prepared to move or stop suddenly.

- Never pass a stopped school bus. Be on the lookout for children anywhere near a stopped or moving bus.
- Be especially cautious when driving a strange vehicle. Take it slow until you get used to the handling, especially in rain or wind.
- Check rear and side mirrors constantly for oncoming traffic. Learn your mirrors' blind spots so you know when and where to turn your head and check.
- Keep your mind on your driving, your eyes on the road, and hands on the wheel. Driving requires all your physical and mental attention. Don't daydream or get too involved in conversation.

Maintenance

In addition to safe driving, you need a safe car. To maintain your vehicle safety:

- Have your oil changed at least as often as your owner's manual suggests and get regular tune-ups.
- Make sure belts and wires are in good condition.
- Check that lights and signals work.
- Keep windshield washer fluid in the car and change wiper blades when they streak your windshield.
- Add antifreeze in winter, coolant in summer.
- Check that tire tread is good and, when your tires are cold, check tire pressure to keep tires properly inflated.
- Find the cause of any performance problems or unexplained noises promptly.

Suggested Discussion Questions

- 1 . What types of improper driving contribute to accidents?
- 2 . Why is driving less safe when you've been drinking?
- 3 . What should you do to make night driving safer?
- 4 . What should you do to make driving in the rain safer?
- 5 . What help is a seat belt if you're in an accident?
- 6 . What's the correct way to use a seat belt?
- 7 . What's the key reason for wearing a motorcycle helmet?

- 8 . What are some of the problems—and safe driving techniques—related to driving in ice and snow? In fog?
- 9 . Why is it dangerous to overload a vehicle?
- 10 . What car maintenance basics are important to safety?
- 11 . Are there any other questions?

Wrap-Up

You know how to drive safely, but we all need reminders sometimes about how and why to do it. More people are killed and injured in road accidents than any other way, and most of them knew how to drive safely, too. But either they didn't use their knowledge or the other driver didn't. In many cases, careless driving turns fatal because a safety belt wasn't used.

We all want to hold onto our lives and licenses, to keep our cars in good shape, and our insurance rates down. And certainly, no one wants to have someone else's death or injury on his or her conscience.

So pay attention to how you drive. Put your safety sense in high gear every time you get behind the wheel. And always buckle up!

Sample Handout

Safe Driving Do's and Don'ts Checklist

DO:

- Always wear a seat belt.
- Be a defensive driver.
- Keep your eyes on the road, your mind on driving, and your hands on the wheel.
- Obey the speed limits.
- Obey traffic signs and signals.
- Yield the right of way.
- Drive especially cautiously at night and in bad weather.
- Use headlights and keep more distance between other cars at night.
- Use lights, wipers, and defrosters in rain, snow, and sudden fog.
- Watch out for puddles, icy patches, and sudden fog.
- Slow gradually as you enter a foggy area.
- Check rear and side mirrors constantly for oncoming traffic.
- Pass on the left only.
- Keep an eye out for changes in road and traffic conditions, pedestrians, bicycles, and animals.
- Dim your lights for oncoming traffic.
- Maintain your car according to its manual.
- Expect the unexpected and the worst from other drivers.

DON'T:

- Drive if you've been drinking or using drugs.
- Tailgate: Stay at least two seconds behind the vehicle in front—more in bad weather.
- Stop on the road at night unless absolutely necessary; then use lights and flashers.
- Drive through large puddles if you can avoid it. If you can't, drive slowly, tapping the brake and checking brakes when through.
- Brake in a skid; drive into it.
- Pass a stopped school bus.

Chapter 15 - Safety on the Road

Some Training Suggestions

Safe Driving

Countdown for Vehicle Safety

Defensive Driving

Don't Sit on It—Wear It

Backing Up Safely

Foul Weather Driving

Debunking Some Seat Belt Myths

Another Highway Hazard: 'Road Rage'

'Flicker-Switchers,' Unite!
Stay Safe at the Wheel

Some Training Suggestions

Because motor vehicles have for several years been the leading cause of work-related injuries and fatalities, you are doubtless already stressing safety behind the wheel to all of your workers who drive as part of their jobs.

But think how valuable it would be for all concerned, if you include everyone who drives to and from the job. After all, injuries received in an accident en route to work may not warrant workers' comp payment, but they result in as much lost time as if the accident occurred during work.

A number of employers these days are bringing outside experts into the driver training picture—perhaps inviting an instructor to the plant for a talk or demonstration, sometimes even paying all or part of the costs for enrolling in a safe driving course. But that doesn't eliminate the need for fairly frequent reminders—by way of posters, bulletin board notices, and the short talks in this section.

One of the challenges to these in-house efforts is overcoming the reluctance of trainees to believe they need any instruction: "I'm already driving, aren't I? Been driving for [number of] years!"

One effective way to deal with this attitude (which is also a generally useful technique) is to provide maximum opportunity for workers to *participate* in the discussion of what constitutes safe driving. When you come to a checklist, or set of "do's and don'ts," or "10 important things to remember," don't just read them out. Instead, ask the group for the answers and only fill in things they didn't mention.

It's also helpful to encourage the sharing of driving reminders with workers' family members. It may somewhat soothe the trainees' pride (they can think "Well, *I* don't need it, but *they* do"), and getting the safety message to a wider circle of drivers can't be anything but a plus.

Safe Driving

[**Note:** This is one of the longest presentations in the whole book. If your plan is to use only 10 minutes or so per talk, then this can be broken up into several sections, like parts of a serial story. That will also allow time for getting trainees themselves to help you name the items on each bulleted list.]

Every 10 minutes, someone in the United States dies as the result of a motor vehicle accident. During that same period, about 33 people are injured—about 2 million of these injuries each year are disabling. And more than one-third of job-related fatalities are the result of vehicle accidents.

To help keep yourself from becoming one of these dire statistics, let's review some of the techniques of safe driving—which includes maintaining as well as operating your vehicle in such a way as to avoid accidents in spite of adverse conditions and the incorrect actions of others.

Proper Vehicle Maintenance

This can go a long way toward reducing unnecessary vehicle accidents. The following items need to be checked frequently:

- **Brakes:** Check fluid regularly, check wear and adjust as needed.
- **Tires:** Maintain proper air pressure, rotate at regular intervals, check balancing and tread wear. Change at the first hint of trouble.
- **Lights:** Make sure all lights—front, rear, and side—are in working order. Keep them clean to maintain their brightness and visibility.
- **Windshield wipers:** Replace when streaking starts to occur.
- **Horn:** Repair immediately if a malfunction develops.
- **Side and rearview mirrors:** Keep clean and properly adjusted.
- **Seat adjustments:** Make sure the seat is adjusted to prevent fatigue or strain.

View the Road—Get the Whole Picture

Be alert while driving so you will be ready to react quickly. Know what to look for and where to look:

- When approaching entrances to shopping malls, drive-ins, restaurants, or filling stations, look for any movement that may mean a vehicle is pulling out into traffic.
- Watch for movement well back from the intersection on side roads and at cross streets, so that you can act defensively if necessary.

- On multilane roads notice the space between the tires of the vehicle in front of you and the lane marking nearest to the tire. If the gap starts to narrow, it could mean that the vehicle is drifting or about to change lanes.
- Watch for pedestrians, especially children and animals, and expect anything. Be ready to use your brakes.
- Watch in the rearview mirror for drivers behind you who might want to pass. Frequent checks will help you see someone pulling into the opposing lane. You will be aware of them even if they pull into your blind spot.
- Do not concentrate on one spot on the road. Scan back and forth, looking for any potential problems. Watch what's happening well out in front of your vehicle to detect problems sooner.
- Keep a safe distance behind the car in front of you. Add one more car length of space for each additional 10 miles per hour of speed.

Driving in Bad Weather or at Night

Rain, snow, ice, fog, and dark increase the chances of an accident and so require extra caution and slower speeds.

Winter driving:

- Slow down on ice or snow. Braking distances on ice can increase from 4 to 10 times normal. Avoid slamming on the brakes; use an even, quick, pumping action for rear-wheel drive and slow, steady pressure for front-wheel drive.
- In case of a skid, turn the front wheels in the direction of the skid.
- When coming to an icy spot, slow down gradually to retain more control of your vehicle.
- Keep the windshield washer reservoir completely full.
- Completely clear both front and back windows of snow. A peephole is not enough.
- Make sure you have proper snow tires or all-weather radials in good condition.
- Give yourself extra time to get where you need to go.
- On bright days, wear a good pair of sunglasses or use the sun visor.

Night driving:

- Make sure mirrors, lights, and windshield are clean.
- Never wear sunglasses at night.
- Check to see if headlights are properly aimed.

- After dark, give your eyes a chance to adjust before starting to drive.
- Turn headlights on before dusk so other drivers can see your car.
- If lights from an oncoming car make it difficult to see the road, focus on the right edge of the pavement. The human eye takes seven seconds to recover from headlight glare.
- Reduce speed; you should be able to stop in the distance provided by your headlights.

Rain and fog:

- Keep windshield wipers on. Make sure they are in good repair.
- Turn on the defroster and/or fan to cut condensation on the inside of the car windows.
- In fog, roll down the side window part way so you can hear better.
- Keep headlights on low beam.
- Slow down but keep moving. Don't stop unless you can get completely off the road.
- On wet pavement, apply brakes smoothly and evenly.

And Finally

Here are two precautions that will make major contributions to your safety no matter what the hour or the weather:

- **DO NOT *drink and drive*.** Alcohol dims alertness, impairing driving ability by about 30 percent after as few as two drinks. Don't ride with someone you believe is under the influence, either. Adopt the "designated driver" approach.
- ***Use your seat belt***—and insist that passengers use theirs—even in vehicles equipped with air bags.

Countdown for Vehicle Safety

Astronauts do it! Aircraft pilots do it! Truck drivers who value their lives do it!

Call it a countdown or checkoff or safety checklist or whatever—the principle is basic to all of them. It is the principle of checking out various working parts of complex mechanical devices, such as automobiles and trucks, before the operator trusts his or her life to the machine.

A good time to make a safety check on trucks or cars is while the engine is warming up. Any order of checking will do, just so it makes sense to the operator. Just as important, the check must be done regularly, without fail, and it must be thorough. Here is a suggested basic countdown:

- Circle the vehicle and check each wheel for wear, damage, or misalignment. Check tire pressure and tread thickness; uneven wear of tread can mean misalignment. Flat or soft tires can cause kneading and flexing of sidewalls and treads, which builds up heat that weakens tires.
- Check for tires that look underinflated or flat because of overloading. This can cause heat buildup in a tire, shorten its life, and even cause tire failure or blowout.
- Step up on the front bumper and bounce up and down to test front-end shock absorbers. Shocks are weak if the vehicle's bouncing does not stop when you stop. Malfunctioning shocks cause sluggish or erratic braking.
- Check to see that all devices are working properly—such as lights for driving, turning, backing up, and braking. Also check windshield wipers and signal horns.
- Put the vehicle in gear and go forward or backward a few feet, testing the brakes. Safe braking takes hold without noticeable delay and without the sound of metal on metal.
- Check all glass and mirrors for clear visibility. Especially look for dirt, grime, cracks, or breaks.
- Check any cargo for proper stacking and tie-down. Lashing needs to be strong enough and secured in such a way as to hold the load and keep it from shifting.

This is a partial checklist. Different drivers include other checks, depending upon the kind of vehicle, weight, and bulk of loads to be hauled, as well as on driving conditions and weather. The important thing is to practice the countdown *before every trip*. It acts as a double check on vehicle maintenance and gives the operator a clear idea of future needs for maintenance and repair.

The countdown is no substitute for maintaining a vehicle in top shape—this includes its mechanical parts. But checking before the trip can give the operator an edge on making it a safe one.

Defensive Driving

When you're at the controls of any vehicle, it is important to remember that defensive driving is a full-time job. The most dangerous mile you have to drive is the one directly ahead of you. Anyone can drive perfectly for 10 feet or 100 feet or even one mile, but it takes a real professional to drive perfectly for 10,000 miles or more. To be a professional driver there are many things you must observe and practice.

A safe driver is not merely someone who has been lucky enough to avoid accidents, but is one who drives defensively and looks out for others. Today's driving standards demand skill, knowledge, and decision-making ability.

Drivers who are safety-conscious have developed good habits and practice them daily. Every time they get behind the wheel, their driving records are on the line. They must drive like professionals and be prepared mentally and physically.

If you are a driver who has a safe attitude about your driving, you will be able to drive with a sense of security in inclement weather, on difficult roads, and through heavy traffic.

In addition, to be a good driver you should respect all traffic laws and be courteous to others. Don't be in a big hurry—that's just asking for trouble. When bad weather affects driving conditions, you must adjust your driving time and habits. Driving on a wet or slippery road is not the same as driving on dry surfaces. The number of traffic accidents and cars running off the road during rainy weather could be reduced if drivers would anticipate the slippery road conditions and adjust their driving habits.

Stay a safe distance from the vehicle in front of you—one vehicle length for each 10 mph. Start stopping sooner. Apply your brakes the instant you see a hazard developing, but apply them gradually so you don't go into a spin or grind to a stop so quickly that you risk a rear-end collision.

Defensive driving is driving to prevent accidents, in spite of the incorrect actions of others or adverse weather conditions. Anticipate driving hazards and know how to protect yourself from them. Be alert while driving by keeping your mind free of distractions and your attention focused on driving; alertness involves watching and recognizing accident-causing factors instantly. The professional driver has foresight, the ability to size up traffic situations as far ahead as possible. The driver must anticipate traffic problems that are likely to develop and decide whether these developments could be dangerous.

Many drivers fail to understand why they were given a "preventable" for an accident when they were not legally at fault. A "preventable accident" is one in which you fail to do everything you could have done to prevent it. Even though the driver cited with a "preventable accident" did not violate any traffic laws, the professional driver should have seen or anticipated the incorrect actions of the other driver in time to

take actions to prevent the accident from happening. However, you may also see the valuable lessons that near-misses offer and make the necessary adjustments in your driving habits.

As a defensive driver you must operate your vehicle in a manner to avoid contributing to an accident or being involved in a preventable accident.

Awareness of the vehicle's limitations is essential; pre-trip checklists and inspections can familiarize you with the vehicle and point out things that might need attention.

Don't Sit on It—Wear It

There are a lot of reasons people won't wear seat belts, but there are also a lot of reasons that they should (even in vehicles equipped with air bags). This includes you if you don't already wear yours.

Choose Your Reasons

If you need a good reason to wear your seat belt, take your pick:

- You paid for it. (In fact, most cars have at least two seat belts; some have six. You paid for all of them; it's a waste of your money if they aren't used.)
- In an emergency, it holds you in place so you can control the car.
- In a crash, it keeps you from being thrown out of the car and hitting the pavement where you may be run over by another car or be crushed under your own.
- If you're a passenger in the back seat, the belt keeps you from being thrown forward, injuring yourself and those in the front seat.
- It can lessen fatigue. Many people feel more comfortable with the added support seat belts give them. This in turn aids alertness.
- Buckling the belt is a reminder that accidents can happen even to the most careful driver.
- Wearing your belt sets a good example for the rest of your family.

If you haven't been using your seat belts, take the time to inspect them. Make sure they're clean and working properly. Make and insist on a rule that everyone in your car wears a seat belt. Unrestrained passengers not only risk their own lives but also could injure others who are belted in.

Protection for Children

It's especially important that you safeguard children when they are in the car. They could be injured in normal driving by a sudden stop or a sharp turn. Small children need special protection. Because of a child's hip structure, a lap belt should not be used until the youngster is four years old and weighs at least 40 pounds. However, if no special restraint is available, it is far safer to use standard belts than to allow the child to ride loose. Don't strap two children into one belt. This makes proper fit impossible.

Holding a child in your arms is not safe either. In a collision, the child would fly out of your arms and be seriously injured. Not all car seats are safe, but there are

crash-tested devices now on the market. So before buying a car seat or harness, check to make sure it's safe.

Whenever a child is riding with you, remember that the back seat is safer than the front, and the center of the vehicle is safer than the sides. The recommended protection for infants is to have the car seat facing the rear, for heavier toddlers, the seat faces front.

Remember, too, that seat belts aren't just for long trips. Two thirds of all accidents occur within 25 miles of home, and half of all fatal accidents occur at speeds under 40 mph.

Don't sit on your seat belt; wear it. Seat belts save lives!

Backing Up Safely

Some members of the animal kingdom are able to see what's going on behind them without turning their heads. The human animal can't do that.

Therefore, we face an extra challenge when we have to drive in reverse. Most backing-up accidents occur at speeds under five miles per hour. But they still result in significant damage to vehicles and other property, may even cause serious injury, and are sure to wreck the driver's safety record. Reviewing and following safe backing practices can reduce such accidents. I have a list of 12. How many do you know and practice?

[**Note:** This is one of the places where you may wish to call on the trainees to talk about how to ensure the driver's own safety and that of others while moving in reverse. They may miss some of these, but may think of some others. Wording needn't match exactly, but be sure the important points are made.]

1. Plan and drive your routes to avoid backing wherever possible. This may mean a few extra steps to get from the vehicle to the worksite, but walking is good for you.
2. If you pass the place you are looking for, beware of drifting back. Your slow progress when looking for the right address might be the reason that the car behind you pulled up so close. If you have a clear view of what is behind, check the mirror, turn around, then put the vehicle in reverse. If there is a remote possibility of a blind spot, get out and look before you have an accident.
3. When obliged to back up, make absolutely sure there is nothing behind, and then back up immediately. Do not look and then wait for a while before backing up, because conditions could change.
4. Use all mirrors when backing—right, left, rear, and the overhead too if there is one. You can't see any of the mirrors if you are hanging out of the driver's door to see what is behind you. Besides, you could damage the door if it strikes an object.
5. If it is necessary to back up some distance, travel slowly and stop part way, then get out and check your safe progress.
6. If you are driving a big truck, and there is help available to assist you in backing, use it. Have the guide stand to the side and give a hand/arm signal because a vocal signal may not be heard. Never let the guide get directly behind the truck. If that does happen, stop until the guide is alongside. Remember that safe backing up is still your responsibility as the driver, even if you have a guide.

7. Park where you will not have to back up to get out of a parking spot. Always pull away from a parking place in forward gear, if possible.
8. If you miss your turn at an intersection, don't back around a corner to change direction. Instead, drive on and around the block. The extra few minutes might save someone else's car from a dent.
9. If you have to park in a driveway, back in if possible, so that when leaving, you can drive forward rather than backing into the street.
10. When backing over a sidewalk and into a street, stop at the sidewalk and make sure there are no small children playing close by. Stop again at the curb to make a last check on traffic before backing into the street.
11. Remember that, when backing, a turn of the steering wheel turns the front of the vehicle in the opposite direction. While backing, the front wheels should be in line with the back wheels until objects on each side have cleared the front bumper.
12. Before backing into an unfamiliar area, get out and look for stakes, holes, and sharp objects.

These commonsense precautions came from assorted drivers with good safety records after driving many miles—both forward and backward.

Foul Weather Driving

Bad weather affects all roads. Our interstate system is a marvelous example of modern engineering, but no matter how good the road is, it is dangerous when there is sleet, snow, or ice on the roadway. Speed must be reduced on slippery roads.

When road conditions are slippery, drivers must look farther ahead so they can anticipate emergencies and avoid the need for sudden maneuvers. Most skids are caused by last-second stops and turns on slippery pavements.

Extra care must be taken on hills. Brake over the top of blind hills at a speed that will permit you to bring your vehicle to a stop in case the highway isn't clear ahead. On a downgrade, both loss of traction and gravity are working against you.

Don't attempt to drive around or through a scene where other vehicles have obviously had trouble with the road conditions. The same conditions that caused their trouble may still be there when you arrive. When there is no room to get through, you must be prepared to stop.

During the winter months, snow- and ice-covered truck lots are prevalent. Good drivers will allow more clearance between their vehicles and fixed objects when maneuvering on bad surfaces. A pile of snow or an ice rut may throw vehicles off just enough to cause them to strike a stationary object if not enough clearance has been allowed.

Drivers of vehicles with air brakes must take care to protect their air supply in freezing weather. Brakeline freeze can be annoying and dangerous. Many newer trucks are equipped with synthetic air lines, so the old solution of melting the ice with a fuse or torch is no longer a quick solution. If the vehicle is not equipped with an air dryer or other means of automatically expelling water and other contaminants from air tanks, the driver must take the time to manually drain the air tanks every day.

The lighting systems of vehicles become especially important during the winter months. Nights are longer, and visibility is often reduced by bad weather. Electrical systems are winter-sensitive. Approximately 80 percent of all light bulb failure is due to environmental reasons. Drivers must inspect their lights more often during the winter and clean them when necessary so they can see and be seen by other highway users.

Foul weather driving is much more strenuous. Drivers need proper rest before every trip, and while enroute, fresh air helps keep drivers alert. An open window is an old safety practice, and it helps drivers hear what is going on around their vehicles.

After all precautions are taken and good practices are followed, there still will be occasions when conditions become too hazardous to proceed. Good drivers will pull

off the road at the first safe place, notify their companies of the delay, and wait until conditions improve before continuing.

Debunking Some Seat Belt Myths

By this time everyone must be familiar with some of the statistics about motor vehicle accidents, injuries, and fatalities. For example:

- Over 12 million vehicular accidents per year, involving over 20 million vehicles, and of course even greater numbers of people.
- More than 50,000 fatalities and millions of disabling injuries yearly.
- The major cause of work-related deaths—more than one-third.

The value of "buckling up for safety," because *use of seat belts could prevent well over half of each year's vehicular fatalities*, has also been emphasized over and over again.

And yet there is a reluctance, or even refusal, by many to take advantage of this protection. And a number of excuses have been offered to justify this refusal. Here are a few myths that, for safety's sake, need to be exploded:

- "I just don't think I'll be one of those statistics; I'm a careful driver." Many of those killed in motor vehicle accidents were in no way at fault, and many were passengers—and more than half of them were not wearing their seat belts.
- It has been estimated that every one of us can expect to be in a crash every 10 years—a fifth of those will be serious crashes. Out of every 60 children born today, one will be involved in a fatal vehicle accident.
- "I'd rather be thrown from the car—that would be safer in the long run." Wrong. Passengers thrown out of a vehicle are 25 more times likely to travel to the morgue.
- "I'm afraid I'll be trapped in the car, in a fire or under water, and won't be able to get my seat belt off to escape." Only about one vehicle accident in 250 involves fire or deep water. Even in those that do, failure to wear a seat belt increases the likelihood of serious injury that would, itself, prevent escape.
- "I can brace myself if there's a crash." Very unlikely, when you realize that the force of impact at 30 miles an hour is the same as if your vehicle fell off a five-story building. (Remember, too, that a 30-mph impact means one car hitting a stationary object at that speed. A collision between two vehicles traveling at 30 mph has a 60-mph impact.)
- "I'll use mine on a long highway trip, but not when I'm just buzzing into town for groceries." Not a sound move, since two out of three car accidents take place within 25 miles of home—and half of fatal accidents occur at speeds under 40 mph.

- "I really resent seat belt laws, because they don't treat me as an adult with the right to make decisions about my own safety." The point here is that a driver who is not wearing a seat belt can reduce the margin of safety of *others* in the same car or the same traffic.

I hope none of you have been in the habit of using one of these excuses—or any other excuse—for not buckling up on the road, as either a driver or a passenger. If you have been, I hope you now realize that ignoring your seat belt is taking a serious gamble. It's a gamble in which there are no winnings and the losses may be permanent.

Another Highway Hazard: 'Road Rage'

Is there anyone here who hasn't read at least one horror story about an angry motorist taking "revenge"—even to the extent of a fatal shooting—against someone who cut in front of him, or sounded a horn too loud or too often?

More to the point, is there any one of us (including myself) who hasn't been severely annoyed by someone who tailgated us or who wouldn't move over to let us on the highway? And haven't we sometimes dreamed of, or even indulged in, some minor retaliation—not homicide, of course, but a loud beep or an offensive gesture? We've excused ourselves by saying that it's a way of letting off a little steam, calming us down so that we can get back to concentrating on a safe drive. Unfortunately, nowadays an angry response from us may be like waving the cape in front of the bull—asking for real trouble. So in a sense, your own anger has put you in danger.

Reasons

Why is this? Behavior experts have come up with a number of possible explanations for this rapidly increasing type of attitude and action. They've even coined a name for it: "road rage." The most common theory is that the stresses of everyday life—both on and off the job—have for many people become so intense that it leads to a coping mechanism they may not even be consciously aware of.

It supposedly goes something like this: "My boss treats me unfairly; I'm doing more work for little if any more money—and could even lose my job at any time; I'm not getting the attention and support I need from my boyfriend/girlfriend, husband/wife, or friends; prices and taxes are getting way out of hand. But by gosh, when I'm in my car, I'm in charge. Nobody's going to push me around here. So if you know what's good for you, you'll stay out of my way!" Of course, this is not verbalized; it's an attitude.

Responses

What should you do when you encounter this kind of attitude on the road—either in another driver or, for that matter, in yourself? First of all, exert whatever effort it takes to refocus your mind. Ask yourself whether your true goal is to win some kind of

competition with the other drivers on the road, to get where you're going a little faster, or to reach your destination in one piece by being a cool head rather than a hothead.

Let's assume you've given yourself the commonsense answer to that question. Now what? Now concentrate on not allowing the situation to escalate. Don't let either your own anger or the other driver's put your safety at risk. Patiently remind yourself that the more courteous driver—you— is the better driver—you. So yield the right-of-way even to someone who obviously isn't proceeding in the right way. Then congratulate yourself on having been wise enough to avoid a confrontation in what could very likely have been a lose-lose situation.

Rewards

Sometimes this is easier said than done, of course. But it will be worth the effort, not only by increasing your odds of a safe trip but for peace of mind. You'll know you've used mature, sound judgment; you can feel superior to that clod who cut you off; and you'll actually have avoided an increase in your own level of stress. "Road rage" is like a contagious disease. Protect yourself from it with daily doses of common sense and safety consciousness and by steering clear of any obviously infected drivers you see on the road with you.

'Flicker-Switchers,' Unite!

Observation of drivers on major roadways has led to the conclusion that most of them can be classified as either "flicker-switchers" or "switcher-flickers." It's a significant difference.

The flicker-switchers flick their turn signals before switching lanes. This communicates their intention in advance, so you can bet they also take a visual check before making the move. By thinking, looking, and signaling in advance of the lane change, they are protecting themselves and fellow users of the road. Hurrah for the flicker-switchers; would there were more like them.

In contrast, the switcher-flickers begin to switch lanes first, and only then start their turn signals blinking. They are seemingly acting out of blind habit, with no conscious thought about the importance of advance warning. Chances are they switch and click with never a glance at their rear-view mirrors—or over their left shoulders to check out the traditional blind spot.

Often, the switcher-flicker's left wheels have already crossed the dividing line before the turn signal appears. No wonder the too-late flick is sometimes followed by a startled "Oops!" punctuated by the costly crunch of metal.

The flicker-switcher's winking signal is a true warning because it speaks in the future tense: "I'm going to turn; be alert." But the switcher-flicker's signal speaks in the present tense ("I'm turning"), or even the past ("I've turned"). To have any cautionary value, the message must be sent in advance of the action it is supposed to alert others to.

There are other kinds of signalers, creating crises in our traffic lanes as well. Probably the most dangerous is the "switcher-nonflicker," who veers across the line with no warning whatsoever. But the "flicker-nonswitcher," whose signal light blinks busily on and on with no resulting lane change, puts people on the alert and doesn't follow through. Sort of like the boy who cried "wolf," this can make other drivers ignore subsequent signals.

How about you? Does your turn signaling communicate consistently and correctly, in the future tense, helping to prevent or minimize the possibility of collisions and sideswipes? It takes only a little determination to be a reliable flicker-switcher, but it can pay big safety dividends.

Stay Safe at the Wheel

The first rule of driving is safety. Whether driving for your employer or for yourself, never take chances that may prove to be unsafe. And if there are passengers in your vehicle, don't forget, you are responsible for their lives as well as your own. Stay calm and alert while you are at the wheel. If you become sleepy or don't feel well while driving, pull over and stop at the first available chance. Courtesy while driving is another name for safe behavior. In addition to having a respect for others on the road, obey the speed limit and all other laws. Allow plenty of distance between your car and other vehicles and always signal your intentions at the appropriate moments. If a tailgater tries to force you to speed up, slow down and let that vehicle pass. Most importantly, remember: alcohol and driving do not mix.

Neither do drugs and driving—including medication that may make you sleepy. If you are in an intoxicated condition or even in an emotional state that will affect your judgment—such as extreme anger—never, never, never get in on the driver's side of the car.

While driving in a normal state, however, there are still hazards that may be difficult to negotiate.

Here are a few fairly common emergency situations and how you can handle them:

- If your brakes should fail when you try to use them, stay calm. Pump the pedal; this may restore the brake. If it does not, you can use the parking brake, but don't jam it too hard because on a curve this can cause a spin. You can also try downshifting to slow the car. If all else fails and the situation is extreme, sideswipe a curb, guard rail or some other stationary object, rather than hitting another car head on.
- A collision with an oncoming vehicle is one of the most dangerous types of accidents you can have. Your best chances of survival are in dodging to the right. Even if you will hit something along the road or another car going your way you are more likely to survive than in a head-on crash.
- Another frightening possibility when driving is that your accelerator might get stuck. If this occurs, you should try to unstick the peddle by pulling up with the toe of your shoe. If there is a passenger beside you, ask that person to try to pull the accelerator up. Do not take your eyes off the road to try to free the accelerator. If the peddle doesn't release, shift into neutral or press down on the clutch. Pull over, stop, and shut off the ignition.
- Blowouts are a pretty common type of vehicular accident. If a front tire should blow out, the car will pull to the side that the blowout is on. Try to steer against the pull. Don't put on the brake. Instead, hang on to the wheel and try to stay in your lane. Slow down a little at a time and pull off the road.

- If you are forced off the road into deep water, escape through the window as quickly as possible. If power windows have short circuited and you are stuck inside, try the door. Keep pushing against water pressure until water begins to fill the compartment and the pressure equalizes. The door will then be easier to open.
- Everyone has stories about going into a skid, particularly in nasty weather. In this situation, never put your foot on the brake. Instead, take your foot off the gas and turn the wheel into the skid. This should help you regain control. Be ready, however, for the car to skid in the opposite direction. Again, turn the wheel into the skid and to straighten the car.

Vehicular Inspection Quiz

After the following statements, write T for True or F for False:

1. The time to think about motor vehicle safety is before you start the engine. ____
2. It takes a trained mechanic to perform a basic safety check of your vehicle. ____
3. Vehicles like forklifts have extensive pre-use inspection checklists. ____
4. An occasional strange smell or noise from the engine is nothing to worry about. ____
5. Key items to check for include tires, lights, wipers, fluids, belts, and hoses. ____
6. Vehicle load has no bearing on the safe operation of a vehicle. ____
7. Driver error and impairment is probably the leading cause of accidents. ____
8. An experienced driver can successfully handle any unfamiliar vehicle. ____
9. Anger and emotional stress on the part of the driver can lead to reckless driving and road rage. ____
10. Alcohol and controlled substances render a driver unfit to drive, but prescription drugs are safe. ____

Name (please print)

Safe Driving Quiz

Please choose the correct answers to the following:

1. Motor vehicle accidents are the leading cause of accidental deaths.
 True False
2. About half of all fatal motor vehicle accidents involve drivers who were drinking alcohol.
 True False
3. You should only wear a seat belt in states that require it by law.
 True False
4. You have to obey speed limits unless traffic is very light.
 True False
5. To be safe, you should stay at least two seconds behind the vehicle in front of you.
 True False
6. You should always use your headlights' high beams when driving at night.
 True False
7. If you lose control of your car when driving through water, you should step on the gas.
 True False
8. In very heavy traffic, drivers don't have to pay as much attention to road conditions and other vehicles.
 True False
9. The best time to check tire pressure is when tires are cold.
 True False
10. Yellow traffic lights mean you should go quickly.
 True False

Answers to Safe Driving Quiz

1. True.
2. True.
3. False. People who wear seat belts are less likely to be killed or seriously injured in accidents.
4. False. Speed limits should always be obeyed. Failing to do so can cause accidents and tickets.
5. True.

6. False. They can cause blinding glare for the vehicle in front of you or one coming from the other direction.
7. False. Take your foot off the gas.
8. False. Cars may dart in or out, overheat, etc. Stay very alert.
9. True.
10. False. Yellow means stop unless you're already in the intersection.

