



## **Driver Safety Tips**

- Check your car before entering; be sure to look underneath and into the back seat.
- Look around the area, if someone is hanging around; go get a friend to walk you to your car.
- Keep your doors locked and windows up.
- Always have your keys in your hands when leaving a building.
- Don't be looking for your keys as you walk, be looking around.
- If stopped by the police, don't get out of your car. If in doubt that the car stopping you is a real officer, flash your lights to acknowledge their request and drive to a populated area before stopping.
- If you notice seemingly valuable items lying near your car, don't stop to pick them up, they may be bait used to put you off guard.
- If you think you are being followed, don't go home. Drive to a busy store and go inside and call the police.
- Keep your cell phone handy in the event an emergency call needs to be made
- If you have car trouble, stay in your car with the doors locked, and ask someone to call for help.

### **Getting Out Of Your Vehicle**

- Park in well-lighted area
- Park near a main aisle
- If you suspect something is wrong, don't stop
- Always park where you have a 360 degree view around you
- Be aware of your surroundings before you get out
- Use you auto alarm, if you have one, as a personal safety device
- Roll up your windows before parking
- Leave your doors locked until you have observed your surroundings and are ready to exit your vehicle
- Take your keys with you and have them in your hand
- Move quickly away from your car
- At home, make sure your garage door is down before exiting

### **Getting Into Your Vehicle**

- Park in well-lighted areas at night
- Be aware of your surroundings
- Appear confident and assertive
- Walk with someone to you car (friend, co-workers, escort)
- Keep a free hand when approaching your car
- Have your keys ready
- Separate your car keys from other keys in case you need to go back to a place of safety
- Look for anyone near your car before entering



## Driver Safety Tips

- Check the exterior of your car
- Look inside your car before entering
- At home, lock car doors before opening the garage door to leave
- Safely place you children in the car, lock the door, and then secure them in their seat or seat belt

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Driver Fatigue: Is when a person behind the wheel is too tired or drowsy to drive safely.

### Driver fatigue impairs driving skills and can lead to:

#### Poor judgment

Fatigued drivers are more likely to make poor driving decisions

#### Slowed reaction times

Fatigue reduces response time and the ability to react.

#### Decreased awareness

This results from fatigue-related problems such as:

- Tunnel vision
- Wandering thoughts
- Inattentiveness

#### Before driving long distances:

Avoid staying up late the night before a long drive. Starting out on too little sleep can lead to trouble. Be sure to get enough sleep don't count on the initial excitement of the trip, your passengers or caffeine to keep you going for long.