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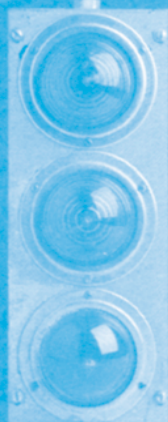
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Drowsy
Driving

Aggressive
Drivers



Safe Driving Tips

TIPS ON Aggressive Drivers

BEHAVIORS OF AN AGGRESSIVE DRIVER

- Running stop signs and red lights
- Speeding, tailgating, and weaving between lanes
- Passing on the right of a vehicle
- Making inappropriate hand and facial gestures
- Screaming, honking the horn, and flashing headlights

WHAT TO DO WHEN CONFRONTED BY AN AGGRESSIVE DRIVER

- Make every attempt to safely move out of the aggressive driver's way.
- Do not challenge an aggressive driver by speeding up or attempting to "hold your own" in the travel lane.
- Always wear your seat belt—not only will it hold you in your seat and behind the wheel in case you need to make an abrupt driving maneuver, but it will also protect you in a crash.
- Avoid eye contact with the aggressive driver
- Ignore gestures, and refuse to return them.
- Report aggressive drivers to the appropriate authorities by providing a vehicle description, license number, location, and if possible, direction of travel.
- If you have a cellular phone, and can use it while driving safely, call the police. Many have special numbers such as 9-1-1 or #-7-7.
- If an aggressive driver is involved in a crash farther down the road, stop at a safe distance from the crash scene, wait for the police to arrive, and report the driving behavior that you witnessed.



For more information, call **1.800.99BELTS** (2.3587) or visit the TN Traffic Safety Resource Service website @ <http://www.tntrafficsafety.org>

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TIPS ON PREVENTING Drowsy Driving

HOW TO PREVENT DROWSY DRIVING

- Begin your journey with a good night's sleep.
- Avoid driving during late night and early morning hours, which are the body's natural sleep times.
- Set realistic travel goals about the time it will take to reach your destination.
- Eat healthy meals. Avoid foods high in fat and sugar, which can contribute to fatigue.
- Avoid using alcohol or drugs.
- Share the driving. Switch drivers about every two hours, even if you don't feel tired.
- Take regular breaks. Stop every two hours to stretch.
- Drink water, juice, or a soft drink low in sugar and caffeine. Sugar and caffeine promote short-term alertness but may increase drowsiness over longer periods of time.
- Keep the inside of your vehicle at a cool temperature.
- Listen to radio talk shows rather than music. The discussion format will help keep you alert.

WARNING SIGNS OF DROWSY DRIVING

- Inability to recall the last few miles traveled
- Having disconnected or wandering thoughts
- Having difficulty focusing or keeping your eyes open
- Feeling as though your head is very heavy
- Drifting from the lane in which you are driving
- Yawning repeatedly
- Tailgating other vehicles
- Missing traffic signs

WHAT TO DO IF YOU BECOME TIRED WHILE DRIVING

- Find a safe place to stop the car.
- Take a short nap (20 minutes)
- Drink coffee to promote short-term alertness until you can find a safe place to rest.

TIPS ON USING Anti-lock Brake Systems

HOW DO (ABS) ANTILOCK BRAKE SYSTEMS WORK?

- A vehicle equipped with ABS has a system which monitors wheel speed, senses impending wheel lock, and adjusts braking force accordingly to avoid skidding.
- ABS reduces the likelihood of vehicle skidding, allowing you to maintain steering control during braking.
- ABS does not allow drivers to drive faster or follow other vehicles more closely than in a vehicle with a standard brake system.
- They differ in how they “feel” to drivers. Noise and vibration of the brake pedal is normal for some ABS. Vibration of the steering wheel is also common for some ABS.
- Many people think they have antilock brakes but actually do not. Read your owner’s manual to check which type of brake system you have.

HOW TO APPLY (ABS) ANTILOCK BRAKE SYSTEMS

- Drivers traditionally were taught to pump their brakes for standard brake systems. ABS requires a different action by the driver.
- To allow ABS to work properly, keep your foot firmly pressed on the brake pedal while braking. The system is designed to allow you to steer while braking to avoid a collision.
- Drivers should practice braking with their ABS so that they won’t instinctively revert to the pumping action and ignore their steering capabilities during emergency braking.
- Testing should occur in areas where there is not a possibility of colliding with other vehicles or fixed objects. An empty parking lot is an option.
- Whether or not your vehicle has ABS, there is no substitute for safe driving practices.

TIPS FOR AN Aging Population

STEPS FOR MAKING YOURSELF MORE COMFORTABLE IN YOUR VEHICLE

- If you plan to buy a new vehicle, try it out beforehand by renting a similar model and taking a trip.
- Make sure that you can get in and out of your vehicle easily.
- If you have difficulty seeing over the steering wheel, make an adjustment to the seating position.
- Sit as far away as possible from your air bag, at least 10 inches, to reduce the risk of injury if it deploys in a crash, and make sure passengers do the same.
- Always wear your seat belt. If you find your shoulder belt uncomfortable or annoying, consult a dealer or mechanic about having it adjusted.

DON'T IGNORE PAIN AND DISCOMFORT THAT CAN AFFECT YOUR DRIVING

- Check with your physician for possible orthopedic solutions if you are experiencing back pain while driving.
- Consult with your physician about possible exercises to improve your flexibility if your freedom of movement is hindered by arthritis or other conditions.

KEEP YOUR VISION AT ITS SHARPEST

- Get regular eye examinations, and keep your prescription eyeglasses and contact lenses up-to-date.
- See your eye doctor if you are experiencing vision problems or if you find that other vehicles or pedestrians appear "out of nowhere" while you are driving.
- Reduce or eliminate night driving if glare or other night driving conditions are a problem.
- Keep the windshield and headlights clean.

SIGNS THAT YOU SHOULD CONSULT WITH A DOCTOR

- People often honk at you while you are driving.
- Your children or grandchildren will not ride with you.
- You frequently get lost while driving.
- You experience low back pain during longer trips.
- Night driving has become more difficult for you.

TIPS ON Road Assistance

WHAT TO DO WHEN YOU NEED ASSISTANCE ON THE ROAD

- Move the vehicle to the right side of the road, out of the flow of traffic, if possible. Stopping on the left side of a divided highway is extremely dangerous but sometimes unavoidable. Do not leave the vehicle stopped in a traffic lane.
- Move the vehicle as far away from the traveled portion of the roadway as you can. At the very least you should be far enough away that you can open the door without stepping out into traffic. You also want to be visible enough so people can see you.
- Show clear signs that there is a problem and you need assistance by raising the vehicle hood. This is an internationally recognized sign of distress.
- In addition, turn on your emergency flashers and display any signs you have that indicate you need help (such as shade screens with distress messages).
- If you remain with the vehicle, another motorist will likely report your disabled vehicle to the police, and it will be easier for the police or others to provide assistance.

BE PREPARED FOR PROBLEM SITUATIONS

- Keep items in the vehicle such as flares, flashlights, blankets, and a first aid kit. Mobile phones in the vehicle also become valuable safety tools during breakdown situations. In addition, have water available in hot climates, especially for children.
- Know where items such as your spare tire, jack, and other tools are in the vehicle and how to use them. Check periodically to make sure they are in working order.

BE FAMILIAR WITH THE OPERATION OF YOUR VEHICLE

- Read your owner's manual. A motorist who understands how his/her vehicle operates is better able to detect and address problems with the vehicle.
- Conduct periodic and regular maintenance of the vehicle.
- If you hear or sense that something is wrong with the vehicle, have it checked.