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CIS
Proudly Presents:

“Driven To Distraction” A Safe Driving Program

OESAC Course ID #2781 (0.2 CEU)



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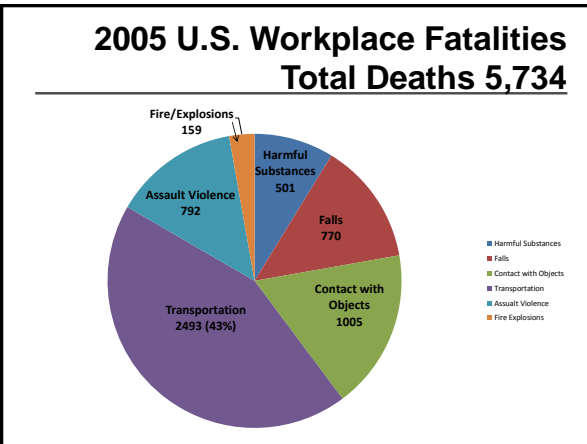


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Our goals today:

- To inform you of the risks of distracted driving
- To offer you tools to reduce distractions
- To help you stay focused on your driving
- To keep this from happening to you!



Motor Vehicle Crash Statistics Annual Estimates

Crashes	7,000,000
Deaths	43,000
Disabling Injuries	2,900,000

Leading cause of work related fatalities
year after year after year

4

Oregon, Northwest lead nation to biggest decline in traffic deaths since 1949

Published: Friday, April 1, 2011, 7:22 PM
By Joseph Rose, The Oregonian



A fatal crash on Interstate 84 near Cascades Locks in March

We're such good drivers.

The Northwest led the nation last year to the largest decline in traffic deaths in more than 60 years, as more people buckled up, emergency responders sharpened their skills and police aggressively targeted drunken drivers.

32,788 people were killed on U.S. roads in 2010 and the fewest traffic deaths since 1949.

That year, Harry Truman was in the White House and 30,000 people died in auto crashes, even though the number of drivers was much less than it is today.

Statistics

- Oregon, Washington, Idaho, Montana and Alaska -- the transportation department's "Pacific Northwest region" -- saw the nation's largest decrease. Deaths plummeted 12 percent to 1,215, federal officials said in a report.
- By contrast, the East Coast saw increases in traffic fatalities, including an 18 percent spike in the region including Connecticut, Maine, Massachusetts, Rhode Island, New Hampshire and Vermont.

Preliminary numbers show Oregon's traffic-death toll in 2010 was 317, 14 percent lower than the year before and the lowest since 1944, when it was 245.

Statistics

- Of course, this is good news overall," said Troy E. Costales, Oregon Department of Transportation safety division administrator. "Education and enforcement appear to be working."

Still, Costales said, the number remains too high.

The drop in traffic deaths, based on 2010 projections, came even as the economy started to recover and people drove more, transportation officials said. The federal and state governments are expected to release final data on deaths and injuries in the summer.

ODOT spokeswoman Shelley Snow said improvements in road design, traffic management techniques and the improved training of emergency responders have also contributed to fewer crashes.



Statistics

But most important, she said, is "the personal responsibility required by drivers, riders and walkers every time they travel." Despite distractions such as cell phones in traffic, people appear to be more in tune with safety issues, she said.

The number of "zero fatal" days -- when there are no fatal crashes -- climbed to 167 last year, ODOT said.

Motorcycle deaths were also down to 38, the lowest level since 2004. About 20 percent of the motorcyclists killed crashes were under the influence of alcohol or drugs, one of the lowest percentages in many years, Snow said.

One dark mark: 62 pedestrian deaths, compared to 30 in 2009. "The bad news is we're on the same path with the same number of pedestrian deaths so far this year as last year," Costales said.

Statistics

Costales said it appears that 2010 will be the 12th straight year that Oregon has fared better than the national fatality average -- after 50 years of being worse.

"Last year's drop in traffic fatalities is welcome news and it proves that we can make a difference," said U.S. Transportation Secretary Ray LaHood. "Still, too many of our friends and neighbors are killed in preventable roadway tragedies every day. We will continue doing everything possible to make cars safer, increase seat belt use, put a stop to drunk driving and distracted driving and encourage drivers to put safety first."

Three Major Causes of Fatalities in Traffic Collisions

- **Safety Belts:** Oregon has a 95.2% usage rate – 4th best in USA...But 50% of MV Fatalities in 2006 were NOT using them
- **Speed:** 50% of all Traffic Fatalities are speed related
- **Impaired Driver:** 1/3 of all MV Fatalities in Oregon are results of an impaired driver

How Serious Is DD?

- NHTSA study released late 2005
- Installed video cameras in 100 vehicles for over a year
 - Almost 2 million miles driven
- 78 of 100 were operated by their owners
 - They knew the cameras were there!

How Serious Is DD?

- 80% of all crashes & 65% of all near crashes
- “Driver inattention” within 3 seconds of crash, impact!
- 5 million crashes and 184 billion dollars in damages in the U.S. per year

Safe Driving Practices

Prime Time for Crashes

Most common day for crashes?

Most common day for fatal crashes?

Most common time for crashes during the week?

Most common time for crashes during the weekend?

Most common weather for crashes?

Occupant Restraints

- Triple Crash
 - The vehicle crash
 - The human crash
 - The internal organ crash
- Safety belts/airbags minimize the human crash
- Safety belts/airbags will prevent the organ crash



SAFETY BELT VIDEO

Can you read this?

Olny srmat poelpe can. Cduolt blveiee taht l cluod aulactly uesdnatnrd waht l was rdanieg. The phaonmneal pweor of the hmuan mnid, aoccdrnig to a rscheearch at Cmabrigde Uinervtisy, it deosn't mtttaer in waht oredr the ltteers in a wrod are, the olny iprmoatnt tihng is taht the frist and lsat ltteer be in the rghit pclae. The rset can be a taotl mses and you can sitll raed it wouthit a porbelm. Tihs is bcuseae the huamn mnid deos not raed ervey lteter by istlef, but the wrod as a wohe. Amzanig huh? Yaeh and l awlyas tghuhot slpeling was ipmorantt!

You Should Probably Just Turn Off The Car And Walk

Official Meaning of Sign: Drivers in the left lane can only make a sharp left; drivers in the lane second from the left turn either a second most sharp or a slightly less sharp left; drivers in the center lane make a fourth most sharp left; drivers in the right-of-center lane turn the fifth most sharp left or go straight; drivers in the far right lane go straight or right.

Unofficial Meaning of Sign to Us: Just follow along with the general pattern of traffic and hope you don't die.

Where it's Located: San Francisco, California



Safe Driving Practices

Large verdict issued against driver using cell phone: are employers the next target?

- A Los Angeles jury recently awarded \$7.3 million to a police officer who was seriously injured in an automobile accident allegedly caused by a teenage driver who was talking on a cell phone.
- Florida juries also recently awarded nearly \$21 million to one individual and \$5.2 million to another who were involved in accidents that may have stemmed from cell phone distraction.
- Although individuals were sued in those cases, employers could be held liable for injuries arising from their employees' cell phone use.

SOURCE: Oregon Employment Law Letter November 2003

Safe Driving Practices

EMPLOYER LIABILITY

- In Virginia, for example, a law firm was sued for \$30 million after an attorney hit and killed a 15-year-old. According to the suit, the attorney was using her cell phone to make business calls when the accident occurred.
- In another case, an individual was awarded \$21 million after an employee of a lumber company was involved in an accident shortly after placing a "brief" sales call on his cell phone.
- These cases serve as a warning for employers that provide their employees with cell phones or encourage their use while away from the workplace. Should an accident occur while the employee is driving and conducting business on the phone, employers should expect to be named in any subsequent litigation.

SOURCE: Oregon Employment Law Letter November 2003

Safe Driving Practices

EMPLOYER LIABILITY cont:

- In Missouri, for example, \$24.7 million awarded in 2008 when a tractor trailer rig ran into 10 vehicles stopped in backed-up traffic on the highway.
- In another case, a family was awarded \$18 million after an accident left the plaintiff paralyzed, with brain injuries, and his subsequent death in 2011, from accident of texting driver.
- \$21.6 million awarded for a 2007 crash in Ohio, rear-ending a vehicle and pushing it across the median into on-coming traffic, resulting in a fatality at the scene.
- \$24 million awarded against Coca-Cola in a Texas cell phone case in 2012

SOURCE: National Safety Council April 2012

Car Phone Hazards



- Reaching for phone
- Dialing
- Holding during conversation
- Talking
- Writing numbers/notes
- Wires dangling (earphone hands free)

Cell Phone / Hand Held Device & Hands Free Accessory Use

- Driver inattention or distraction is a leading factor in a majority of motor vehicle accidents. We are not only concerned about your welfare as an employee, but also the welfare of others who could be put in harm's way by inattentive or distracted driving.
- In 2009, over 6,000 highway deaths attributed to distracted driving, over 1,000 attributed to cell phone use.

Source--NHTSA

**Cell Phone / Hand Held Device
& Hands Free Accessory Use**

- Definitions – “Mobile Hand Held Units”: Hand Held devices may include cell phones, pagers, palm pilots, and other communication devices.
- “Hands-free accessory” means an attachment or built-in feature for or an addition to a cell phone, whether or not permanently installed in a motor vehicle, that when used allows a person to maintain both hands on the steering wheel.

<http://www.leg.state.or.us/09reg/measures/hb2300.dir/hb2377.en.html>

**Cell Phone / Hand Held Device
& Hands Free Accessory Use**

- Hands free accessories must be used at all times if using a cell phone while driving on company business.
- If you need to place or receive a call, and a hands free accessory is not in use or available, pull off the road to a safe location and stop the vehicle before using your phone.
- If a passenger is riding with you, ask them to make or take a call for you, if a hands free accessory is not in use or available.

**Cell Phone / Hand Held Device
& Hands Free Accessory Use**

- The only exception to hands free use is for calls placed to 9-1-1, law enforcement personnel, fire department personnel, and EMT Emergency Services.
- Absolutely NO texting on cell phones, or any other communication device, while driving a vehicle on company business. **Already banned in 38 states, including District of Columbia.**
- Source--Insurance Institute for Highway Safety

Significant Threat

“Cell-phone distracted driving is a significant threat to public safety.”

– National Safety Council



Note: The source of some of the following material is from the National Safety Council's 2012 "State of the Nation of Cell Phone Distracted Driving" report

Mishaps

“Once back on the highway, the passenger in the back seat went to sleep and the other passenger was texting with his phone. The driver fell asleep unnoticed from the passengers and the car accelerated into the rear of a tractor-trailer.”

“... driving under the influence when he tried to negotiate a sharply curved ramp... was texting on his cell phone. He lost control... died two days later from massive head injuries.”

High Risk + High Exposure

- Although many things can distract a driver, cell phone use is particularly deadly
- It isn't the most dangerous thing a driver can do, but many drivers are engaging in the behavior and for greater lengths of time.
- The combination of high risk and high exposure makes cell phone use while driving a top distraction.



Is The Public Recognizing The Issue?

A 2011 AAA study found:

- 94% consider texting a very serious hazard
- 87% feel cell phone use while driving causes distraction
- 88% feel drivers do not know how distracted they really are when using a cell phone
- 88% feel distracted driving can quickly lead to a crash



Not OK for You, but OK for Me



- Most drivers realize the dangers of cell phone distracted driving, but many still engage in the behavior regardless of the perceived danger.
- Many drivers continue to assume that "I can drive safely while using my phone, but other people cannot."

"Hands Free!"



One of the first comments I received from this photo was, 'That would make texting easier!' and I am afraid she was serious when she told me that.

Not Just the Distracted Driver

Cell phone distracted driving doesn't put just the distracted driver in harm's way – it endangers all the other nearby drivers and passengers.



Responsibility

"As a nation, we cannot accept that 100 people die every day on our roadways. Driving is a privilege that comes with enormous responsibility. The safety of drivers, passengers, other motorists, pedestrians and bicyclists is paramount to all else – and it should remain every driver's top priority. When on the road, we all need to get off the phone."

– National Safety Council



Safe Driving Practices

Other Safe Driving Precautions:

- Use better judgment when road conditions are poor. Limit or avoid driving when heavy rains, snow or other severe weather conditions threaten your safety and ability to drive safely.
- Make efforts to avoid other distractions such as eating, applying makeup, paying too much attention to your radio, CD player, MP3 player, GPS screens, or other distracting behavior.

Safe Driving Practices

Other Safe Driving Precautions cont:

- Do not drive if your ability to drive safely is impaired by the influence of medications.
- Laptop computers should never be used at any time while driving.

Safe Driving Practices

Other Safe Driving Precautions cont:

- If using a vehicle that is not your own, (rental or otherwise), be sure to properly adjust the mirrors and familiarize yourself with the vehicle controls before operating.
- Be aware of and practice defensive driving techniques and maneuvers.

Safe Driving Practices

Other Safe Driving Precautions cont:

- Do not drive into, or through, very dense fog. Pull off the road as far as you can, safely, and turn your vehicle lights off. Stay in your vehicle.
- Be aware of outside temperatures and the possibility of black ice. Black ice makes a road look like shiny new asphalt. Pavement should look gray-white in winter. Black ice can form on shady sides of mountains, and on bridges and overpasses, even when much of your driving has been on clear, dry pavement.

Safe Driving Practices

Vehicle Backing

- The National Safety Council reports that one out of every four accidents is caused by poor backing techniques. Backing accidents often result in costly damage to vehicles, equipment and buildings, and may even cause serious injury and death.
- A recent review of auto claims reported shows that, for the last four years, vehicle backing has been the most frequent cause of damage to our Members' vehicles.
- Remember, all backing accidents are preventable. A reduction of backing accidents will help keep your vehicles on the road, out of the repair shop, and working for you. Like all aspects of vehicular safety, supervisors should review and emphasize the importance of safe backing procedures with their drivers.

Safe Driving Practices

Backing Tips

Backing accidents are preventable. Drivers can control parking and backing as effectively as other vehicle maneuvers. Most backing accidents occur because drivers fail to exercise caution. Often, they rely too heavily on vehicle mirrors and ignore blind spots. To help reduce the number of backing accidents, make drivers become familiar with these prevention measures.

- Select parking locations where backing will not be necessary. A backing accident will be prevented if a vehicle can be driven forward.
- If possible, choose a parking location away from moving or parked vehicles.

Safe Driving Practices

- Choose to back in to the space upon arriving, and when not in a rush. This will enable the driver to pull out forward, at times when in a rush to respond to an emergency call, thus, minimizing backing accidents.
- Avoid making "Y" turns in driveways or roads.
- Avoid parking too close to a corner, driveway, constructions site, or where your vehicle will crowd other vehicles.
- Walk around the vehicle to check for children, other vehicles or obstacles.
- Back slowly and use your mirrors
- Back and turn toward the driver's side whenever possible.
- Look for "back up" lights

Driver Stress

- Stress leads to aggressive driving
- Aggressive driving results in
 - Crash
 - Ticket
 - Road rage



Causes of Driver Stress

- Traffic
- Late
- Tight schedules
- Other driver's actions
- Personal problems



Effects of Speeding

- Increases perception and reaction distance
- Creates need for greater following distance
- Intimidates others
- Increases force of crash



Safe Driving Practices

A TIP

- Next time you're stopped by the Highway Patrol for speeding, and you swear to the officer that you weren't, make sure your dog is not seen, in this condition, in the back seat.....

Safe Driving Practices

Is speed really dangerous?

The driver struck a pole while driving fast.

Visualise this. If the vehicle was travelling at low speed and strikes the pole, the driver faces minimal damage and survives.



At high speed the result is catastrophic !



Remember speed increases the stopping distance. If you drive too fast, you may not be able to stop in time to avoid a crash.

5 Fatalities in Single Car Crash

- **DAYTON, Ore.** -- Five people were killed in a single-car crash in rural Yamhill County on Tuesday.
- Police said a Toyota Camry was headed south on Highway 221 when it left the road at a high rate of speed and crashed into a large tree. (Reported going 100 mph)
- Five people, including 20-year-old driver Lena Bucholz of McMinnville, were pronounced dead at the scene. Four of them were not wearing seat belts, according to police.

5 Fatalities in Single Car Crash

- Wendy George, 27, and her two daughters, ages 7 and 5, died in the crash. Seven-year-old Richard Ramos was also pronounced dead at the scene.
- A LifeFlight helicopter took two other victims -- Ramos' father Ricardo Ramos Zolaro and Bucholz's 2-year-old son Sabian Martinez -- to Portland-area hospitals. Their conditions are unknown.
- The wreck happened near the tiny town of Hopewell.
- 2-year old Sabian was properly strapped, belted, in a child safety car seat. Small scar on the side of left eye area is the only injury received.

Safe Driving Practices

Stopping Distance

- Factor of
 - Perception Distance
 - Age
 - Attention/distractions
 - Medical, drugs, alcohol
 - Reaction Time
 - Brake Lag (if air brake)
 - Braking Distance
 - Condition of brakes
 - Surface conditions
 - Load weight and stability

The
"3" Second
Plus
Rule

Safe Driving Practices

Stopping Distance at 60 MPH for a Passenger Car

Dry	366'	
Wet	550'	
Snow	850'	
Ice	1700'	

Speed Calculations And Travel Distances

- $5,280$ (feet in a mile) \div $3,600$ (seconds per hour) = 1.47
- 65 mph \times 1.5 (rounded) = 97.5 fps (feet per second)
 - Examples: 30 mph \times 1.5 = 45 fps
 - 55 mph \times 1.5 = 82.5 fps
- Perception / reaction time usually 1.5 seconds
- 97.5 fps \times 1.5 seconds = 146 feet traveled to observe something and begin taking evasive or defensive action
- 97.5 fps \times 5 seconds = 487.5 feet traveled
- **487.5 traveled plus 146 feet reaction time = 633.5 feet traveled without knowing where you are, what is going on, and before breaking, steering, evasive action, etc.**



Common Distractions & Risk Factors

- Talking on “hand-held device” $1\frac{1}{2}$ times
- Dialing “hand-held device” 3 times
- Reading 3 times
- Grooming 3 times
- Looking at an external object 4 times
- Drowsy driving $4-6$ times
- Reaching for an object 9 times

National Highway Traffic Safety Administration, 2006

NHTSA Says:

- “Drivers who engage frequently in distracting activities are more likely to be involved in an inattention-related crash or near-crash”
- “Drivers are often unable to predict when it is safe to look away from the road because situations change abruptly leaving the driver no time to react even when looking away only briefly”

Hydroplaning – 3 Main Factors

Vehicle speed. As speed increases, wet traction is considerably reduced. Since hydroplaning can result in a complete loss of traction and vehicle control, you should always reduce speed, paying attention to the traffic around you.

Tire tread depth. As your tires become worn, their ability to resist hydroplaning is reduced.

Water depth. The deeper the water, the sooner you will lose traction, although even thin water layers can cause a loss of traction, including at low speeds.

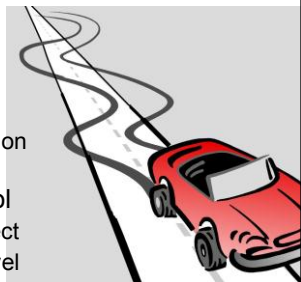


Skidding

Cruise Control – This is a great system to prevent speeding (*and getting a ticket*) and to increase your gas mileage. However, you should **never use cruise control in the rain**. If your tires start to spin, the cruise control will detect this and will try to correct it by increasing the speed. That is the last thing you want to have happen in a skidding situation.

Skid Avoidance and Control

- Skid Avoidance
 - Reduce speed slowly
 - Brake on/off far in advance
 - Cannot brake and turn on ice
- Skidding Out of Control
 - If over-correct, re-correct
 - Turn in direction of travel

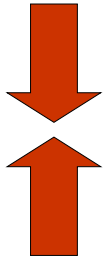


Overcorrecting

17-year old Bend High School girl died in a head-on collision on Highway 26, East of Madras. Swerved off the road onto shoulder and overcorrected on steering and went into on-coming traffic. 11-11



Head On Crash Avoidance



- Slow down
- Steer to the right
- Run off the road if needed
- Do NOT
 - Flash lights
 - Blow horn
 - Steer to the left

Symptoms of Drowsiness

- Can't focus or keep your eyes open
- Having trouble lifting your head
- Persistent yawning
- Wandering, confused thoughts
- Can't remember last few miles driven
- Drifting out of your lane or hitting rumble strip
- Can't maintain constant speed
- Missed your exit

“Looked, But Didn’t See”

- Human beings are serial processors
 - Your mind can only deal with one thing at a time (Medical Fact)
- What we call “multi-tasking” is actually not
 - Your brain is dealing with one thing at a time
 - It’s shifting between things very quickly, or “channeling” rapidly
- Driving already requires this
 - Adjusting speed, avoiding hazards, etc.
- When you throw in another task, **look out!**

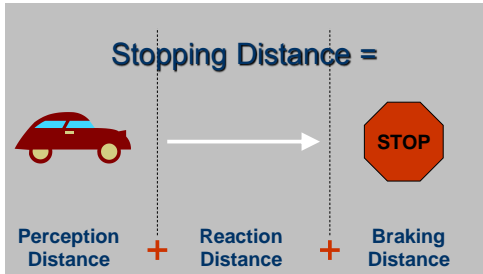
Dealing with Inattention

- Avoid “automatic mode”
 - As soon as driving becomes **the second most important thing** on your mind, you are in serious trouble!
- Use the “What if...” technique

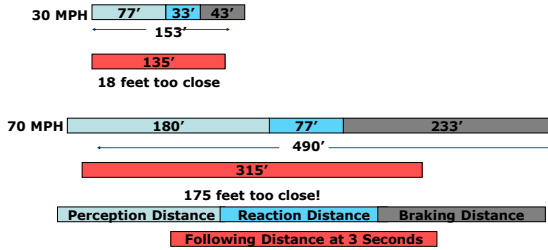
The “What If...” Technique

- Look at what’s happening around you
- Imagine what could go wrong (what if...?)
- If you can’t see, imagine what could be just out of sight
- Develop a plan to deal with each actual or potential hazard

Increase Following Distance



Increase Following Distance



Acceptable Guidelines AND A Few Good Practices

- Eyes up, Eyes up, Eyes up; have horizon eyes; keep a minimum 4 second following distance at 50 mph, increase as speed increases, increase as weather deteriorates
- No cell phone/text messaging while driving and limit radio/GPS communications while driving
- Do not overdrive your vehicle beyond road, weather conditions, or vehicle's capabilities
- Continue taking driving classes periodically.

YOUR LIFE and the PUBLIC'S DEPENDS ON IT!

Smooth Driving / Low-Force Driving

- Acceleration is smooth and even as you build vehicle momentum slowly
- Smooth braking of the brake pedal, look far ahead and anticipate; 1-2 blocks city, 1/4 mi. highway
- Brake early and brake light, and "bleed the speed" upon entry into corners
- Four (4) second following distance under ideal driving conditions, 2-3X for poor conditions
- 360 degree space cushion with mirror check, eyes moving, and speed control
- Enter corners wider and deeper to achieve a late apex corner & to maximize the radius of the curve

8 SAFE DRIVING TIPS

- TIP 1--** "Cover the brake" at intersections
- TIP 2--** Practice "when/then" thinking and mental imagery to prepare to respond to events that occur on the roadway.
- TIP 3--** Scan using the 2-Second Rule
- TIP 4--** Manage your vehicle spacing
- TIP 5--** Check your tire pressure
- TIP 6--** Think twice before speeding
- TIP 7--** Adjust your speed before curves
- TIP 8--** TRAIN, TRAIN, TRAIN

Summary

- Know the causes of crashes
- Know your vehicle/equipment
- Control yourself
- Compensate for road and weather conditions and other drivers
- If you are a supervisor, ensure you are not encouraging unsafe driving

QUIZ

QUIZ

- True or False-----Multi-tasking while driving takes three years of practice and should only be attempted by experienced drivers.

QUIZ

- True or False---Distractions are good things that divert your attention to keep you from driving dangerously.

QUIZ

- True or False---Glancing at your side view and rearview mirrors every few seconds while driving is considered normal and acceptable.

QUIZ

- True or False---Once you become an experienced driver, handling many other tasks while driving becomes less of a risk.

QUIZ

- True or False---A vehicle traveling at 60 miles per hour is covering 88 feet per second.

QUIZ

- True or False---Allowing yourself to be distracted in your vehicle is much like gambling: the odds are not in your favor and your good luck will run out.

QUIZ

- True or False---When talking on a cell phone while driving, you are the only one at risk of having an accident.

QUIZ

- True or False---Family members and rescue crews are not affected when you have an accident.

QUIZ

- True or False---Using a cell phone while driving is an acceptable distraction because it cannot be controlled and everyone else is using one.

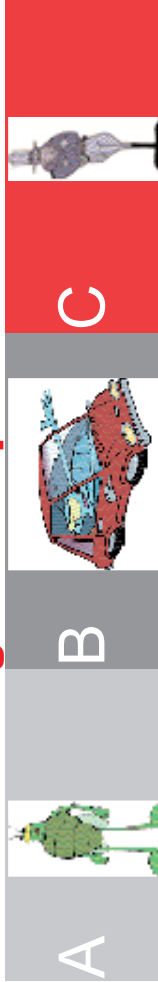
QUIZ

- True or False---If you have over 15 years experience driving without an accident, then it's okay to be reading a newspaper, text messaging, or talking on a cell phone while driving.

QUIZ

- List 5 common distractions mentioned today.

Driving Report Card



Take this self-test to review your driving behaviors:

- Obeying Speed Limits: Drive at limit
- Following Distance: 3 seconds
- Lane Changing: Always signal
- At Stop Signs: Complete stop
- At Stop Lights: Stop on yellow
- At Merges: Let cars in
- At Exits: Wait your turn
- Distractions: Eyes on road
- Awareness Level: Scan mirrors
- Time Management: Allow more
- Slower Driver Ahead: Pass safely
- Aggressive Drivers: Let pass
- Seatbelts: Always

YOUR SCORE:

SAFE

AGGRESSIVE

RECKLESS

- Drive 10 mph over limit
- Tailgate as needed
- Sometimes signal
- Rolling stop
- Speed on yellow
- Don't let cars in
- Cut in at the end
- Eat, blast music
- Disregard traffic
- Always hurrying
- Tailgate to warn
- Compete
- Sometimes

- Drive 20 mph over limit
- Never see rear bumper
- Never signal
- Do not stop
- Run red lights
- Cross solid lines
- Drive on the shoulder
- Read, write, dress
- Let others watch out
- Make up time in traffic
- Cut off to prove a point
- Retaliate
- Never

AGGRESSIVE DRIVING is the operation of a motor vehicle in a deliberate, selfish, bold or pushy manner which endangers or is likely to endanger persons or property. Motivated by impatience, lateness or hostility, it involves a series of moving violations which increase the risk of collision.

Your Score:

Mostly A's:

You are a Duke Bugsy, a safe driver.

Mostly B's:

You are a Big Sid, aggressive and unsafe.

Mostly C's:

You are reckless and are violating the law.

You will get pulled over by Trooper Dale, and are a **GOTCHA!**

Comments:

.....
.....
.....

Name:

..... is a

Duke Bugsy
Big Sid
GOTCHA



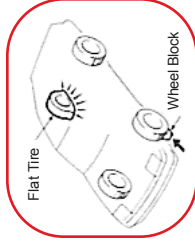
Aggressive Driving Awareness Campaign

The National Road Safety Foundation, Inc. 145 East 50th Street, NY, NY 10022 Toll-Free. 866.SAFE.PATH . www.nationalroadsafety.org

FIX YOUR FLAT

IF YOU HAVE A FLAT OR BECOME DISABLED: GRADUALLY REDUCE SPEED. PUT HAZARDS ON AND HOLD STEERING WHEEL FIRMLY. MOVE CAUTIOUSLY OFF THE ROAD AWAY FROM TRAFFIC (PREFERABLY ON THE RIGHT SHOULDER TO ENSURE EASY ACCESS AND DEPARTURE).

1. Remove the spare tire cover in the trunk, loosen the bolt and remove the spare. Block the tire diagonally opposite the flat tire with a stone or block, to keep the car from rolling when jacked up: in front of the wheels, in back of the back wheels. Use the beveled end of the lug wrench to pry off the hubcap. Use the other end to loosen all the lug nuts one half turn in a star pattern. Counter-clockwise loosens, clockwise tightens. For best leverage, fit the wrench so the handle extends to the right, parallel to the road, grip near the end of the handle and pull up carefully, so the wrench won't slip off the bolt.



2. Position the jack slightly behind the front wheel or ahead of the rear: most cars have a notch built in. Make sure it is level, on solid ground. Insert the jack handle into the jack and pump or turn to raise the car high enough to install the spare. Remove the lug nuts and lift the tire straight off, putting it aside. Set the lug nuts carefully aside where they won't roll away or get lost.

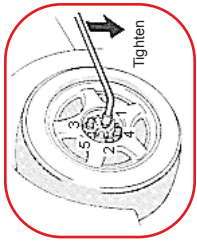
gloves, extra fuses, jumper cables, aerosol tire repair inflator, tire pressure gauge, warm clothes, blankets, water, food.

FOR TEMPORARY REPAIR:

Use a can of tire inflator to temporarily re-inflate your flat and seal the damage. Drive to the closest dealership, tire center or other repair shop to replace or repair tire immediately.



3. Clean the spare wheel and roll it into position. Align the holes with the bolts, and place the top bolt through its hole. Press the wheel back over all the bolts, making sure no corrosion interferes with the mounting surface which could cause the wheel to loosen over time. Reinstall all lug nuts finger tight by hand; press back on the tire and tighten more.

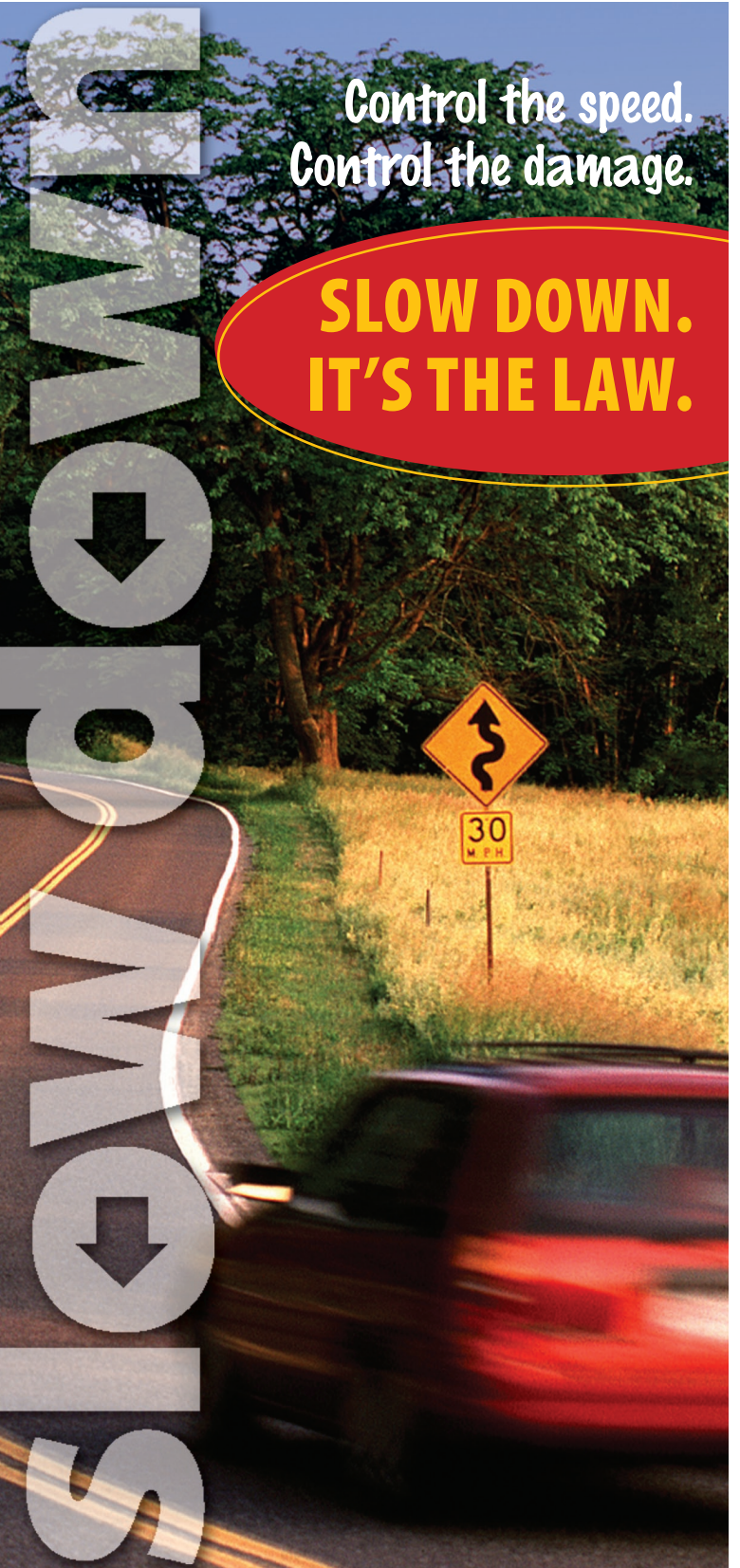


4. Slowly lower the car and remove the jack. Tighten all bolts again with the wrench, each a little at a time, in a crisscross order, until all are tight. Replace the hubcap and tap into place. Check the air pressure of the new tire and adjust as needed. Replace the valve cap. Stow all tools. Check lug nuts professionally when possible, or after 800 miles, to make sure they have not loosened.

TO GET HELP:

Call your insurance company's designated number for roadside assistance - know what your policy provides in advance. If a member, call AAA at 1 800 AAAHELP. Give your policy or membership #, vehicle year, make, license # / color. Give your exact location, noting road, direction, cross roads, mileage and markers or exit #.

The National Road Safety Foundation, Inc. 145 East 50th Street, NY, NY 10022 Toll-Free: 866.SAFE.PATH . www.nationalroadsafety.org



Control the speed.
Control the damage.

**SLOW DOWN.
IT'S THE LAW.**

slow down

It's the law!



Transportation Safety
Oregon Department of Transportation



Slow Down. The Way to Go.

737-3462 (6/07) # 330541

slow down

In Oregon, speeding is the number one contributor to death and injury in traffic crashes. It's a deadly problem that takes innocent lives every year.

To help reduce the number of serious crashes, the police in Oregon are serious about slowing drivers down. They're out on the roads with new technology that helps pinpoint cars that are going too fast, and they're ticketing drivers.

Speeding tickets are expensive – faster speeds mean bigger tickets. If you exceed 30 miles per hour above the posted speed, your license can be suspended for 30 days in addition to a \$679 fine. If you travel at 100 miles per hour or higher, you will receive an \$1103 fine in addition to a 30- to 90-day driver's license suspension. You may also be arrested for reckless driving. So slow down.

A crash course on speeding.

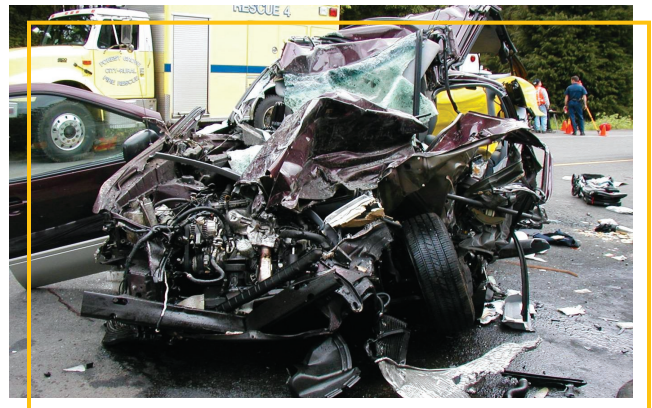
Don't exceed posted speed limits – they're there for a reason. Also consider the weather and road conditions, and slow down accordingly. Speeding shortens the amount of time you have to react to an emergency. But you can give yourself more reaction time and help avoid a serious crash by slowing down.

One of the most dangerous combinations is high speed and corners. The largest percentage of speed-related traffic deaths occur when a vehicle leaves the roadway, often on a corner, and it crashes into a large fixed object, such as a tree or rock. So watch for posted speeds and slow down going into curves.

Speeding also exponentially increases the forces on the body in a crash. That means that even a small increase in speed – say five to 10 miles per

hour – can mean the difference between life and death for you or the loved ones in your vehicle.

For safety ratings, vehicle seatbelts and airbags are crash tested at 35 to 40 miles per hour, not 55 or 65 miles per hour. The human body simply cannot travel from a high speed to zero abruptly without damage. That's why many people in higher-speed crashes die on impact even while belted.



Avoid the high price of speeding.

Speed-related crashes cost Oregon taxpayers hundreds of millions of dollars each year. But that's not the biggest cost.

Last year, nearly 500 people in Oregon and 40,000 people in the U.S. died in crashes. Statewide, 40 percent of the people who died in speed-related crashes were innocent victims, not the speeding drivers. They were sons, daughters, wives, husbands, parents, grandparents and friends.

That's far too big a price to pay for getting there "a little faster." Avoid the ticket and save lives – slow down.



Everyone is a pedestrian at some point each day!

Pedestrians account for 10-15% of traffic fatalities each year. Over 550 pedestrians were injured and 45 were killed in motor vehicle crashes in Oregon in 2004.

Oregon's streets and highways are becoming busier – roadways that must be shared by drivers and pedestrians alike.

Seventy-five percent of driver errors in motor vehicle-pedestrian crashes are a failure of drivers to yield to the pedestrian. And half of the pedestrians who are struck by vehicles are hit while they are in a crosswalk.

Pedestrians and motorists both share in the responsibility of pedestrian safety.



Safety Tips

- Remember, under Oregon law there is a crosswalk at every intersection.
- Do not pass a vehicle stopped at a crosswalk. A stopped car may be a clue that a pedestrian is crossing. When stopping for a crosswalk on a multi-lane road, you should stop about 30 feet before the crosswalk so you don't block visibility to a driver in a second lane.
- When stopping at an intersection, do not block the crosswalk. This forces pedestrians to go around your vehicle and puts them in a dangerous situation.
- Watch for pedestrians, especially children, when exiting driveways or when backing out of parking spaces in parking lots.
- Pedestrians move at different speeds. Be alert for children who may suddenly dart into the street. Be patient with older adults who take extra time to cross the street.
- Around taverns and bars, be alert for people with slowed reaction times or impaired judgment.
- Be alert for people or animals during low-light conditions, especially in areas where they are likely to cross the road, or you might not see them until it is too late to stop.

What you need to know about Oregon crosswalk laws



The safety of pedestrians is in your hands....

Transportation Safety – ODOT

800-922-2022

www.odot.state.or.us/transafety

What's the problem?

Oregon's crosswalk laws were written to provide a buffer of safety for pedestrians on the roadway.

In collisions with cars, pedestrians are always the losers. Studies show a pedestrian hit at 40 mph has an 85% chance of dying.

When you choose to drive, you are responsible for a lethal machine.

What's the law?

A crosswalk¹ exists at any public street intersection, whether marked with paint or unmarked. Crosswalks also exist between intersections (mid-block) only if they are marked with white painted lines.

Under Oregon laws², a driver has specific duties to a pedestrian in a crosswalk, whether marked or unmarked. Here's what you need to know:

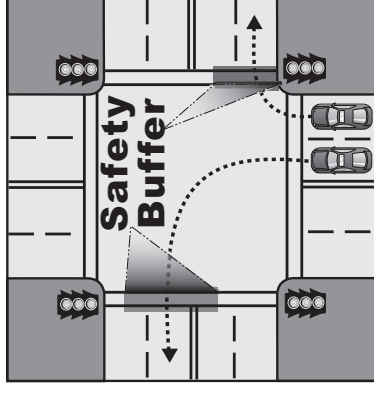
When turning at a traffic signal, drivers must:

- Stop and remain stopped for pedestrians until they have cleared the lane into which your vehicle is turning and at least 6 feet of the next lane.

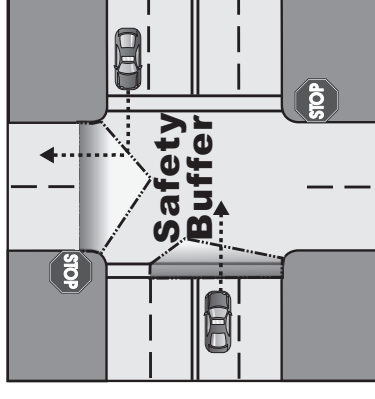
At any other crosswalks - whether marked with paint or unmarked - drivers must:

- Stop and remain stopped for pedestrians until they have cleared the lane in which you are traveling (or into which you are turning) and the next lane.
- Stop and remain stopped for students as you are directed by a crossing guard.
- Stop and remain stopped for a blind pedestrian using a white cane or a guide dog until the pedestrian is completely across the roadway.

If a pedestrian is in a safety buffer when the vehicle enters the crosswalk, the driver will be cited for a fine over \$200.



When turning at a signal, it's your lane plus six feet: Stop for the pedestrian, who must clear the lane into which the vehicle is turning and at least 6 feet of the next lane, before you proceed.

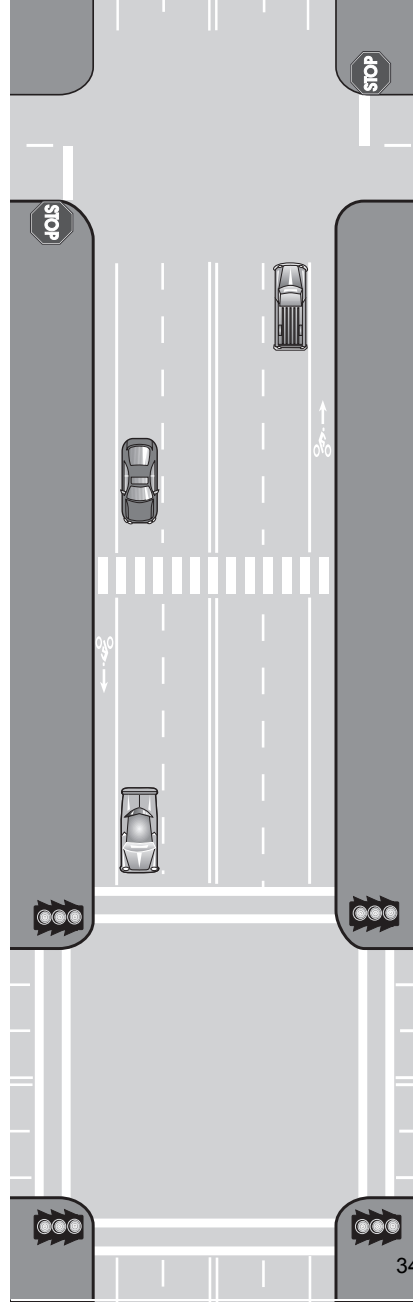


At any other crosswalk, it's your lane plus the next lane: Stop for the pedestrian, who must clear the lane in which the vehicle is traveling or turning and at least the next lane, before you proceed.

Be prepared

Oregon laws³ affect pedestrians, too.

Pedestrians are required to obey traffic signals and walk safely. But, pedestrians are unprotected and vulnerable. You, as the driver, can **prevent terrible injury** by being prepared to stop and yield no matter who has the right of way. Saving a life is worth your time.



Marked Crosswalks

Mid-block Crosswalk

Unmarked Crosswalks

1 - ORS 801.220

2 - ORS Chapter 811

3 - ORS 814.010, 814.020, 814.040



If your safety belt doesn't fit comfortably, don't push it behind your back or arm – you could be seriously injured or ejected in a crash. You can also get a ticket. Oregon law requires all adults and kids to be properly buckled up. Try these simple solutions instead.

Problem #1

Belt comes across face or neck.

Solutions:

- a) Use your car's built-in shoulder belt positioner or comfort guide – it's where the belt attaches to the wall of your car. Just slide the positioner up or down to adjust your shoulder belt so it doesn't lie across the neck or face. Some cars have a loop-type belt guide on the seat itself that can change the angle of the belt. Rear or middle seats may also have adjustable belt guides on elasticized bands.



- b) Some cars let you change the seat height – try raising your seat higher to change how the shoulder belt fits.

**Problem
#2**

Belt cuts into neck or shoulder.

Solution: Make sure your belt lies flat with no twists or knots. If it is flat, try placing the shoulder belt under your collar or use a padded belt cover, like one made of sheepskin.



**Problem
#3**

Safety belt is not long enough; cannot be fastened.

Solution: First, make sure the lap belt rides low – it should always be under the belly.



This is particularly important for pregnant women. If fit is still a problem, you need a safety belt “extender.” Some vehicle manufacturers have these available – contact your dealer or manufacturer for more information.

**Problem
#4**

A medical condition makes it impractical or harmful to wear a safety belt.

Solution: Contact ODOT at 503-986-3590 and ask how to obtain a medical exemption.

**Problem
#5**

All of the above solutions fail.

Solution: Check your owner’s manual and with your dealer for other options. And when you shop for a new vehicle, test drive it with your safety belt on – check for comfort before you buy!



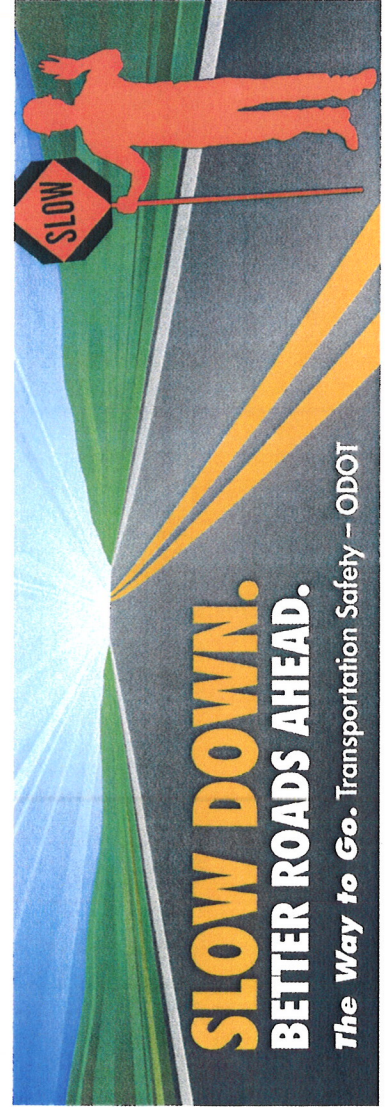
Transportation Safety
Oregon Department of Transportation

Buckle Up. The Way to Go.

Be Alert in Highway Work Zones!

Did you know drivers are far more likely to be injured or die in a work zone incident than workers? It's true. Here's how you can stay safe:

- The **number one, most important action** drivers can take is to pay complete attention to the driving task, especially in the transition zone before the work area. An inattentive driver is the most common factor in work zone crashes.
- **Orange is your clue!** Slow down when you see orange signs, barrels and barricades. Speeding is the second most common factor in work zone crashes.
- Double your following distance. **Don't tailgate.**
- Get in the correct lane well in advance.
- Remember, work zone traffic lanes often are narrow, without shoulders or emergency lanes.
- Be aware of temporary accesses to the roadway from the median.
- Expect delays — plan for them and leave early to reach your destination on time.
- Patience is vital...**be courteous** to other drivers.
- Avoid work zones if possible by using an alternate route.
- Call 5-1-1 for the latest traffic, weather and highway conditions by route or mountain pass.
- Visit www.TripCheck.com to check routes, work zones and road and weather conditions.



ARE YOU READY FOR THE SIGNS OF THE TIMES?



2 EASY WAYS TO AVOID DELAYS:

1

CLICK ON
www.tripcheck.com

Prepare for construction delays and plan your alternate route with pinpoint maps, web cams and information about weather-related road conditions.

2

DIAL 5-1-1 OR 1-800-977-6868

Hear about the latest construction and maintenance projects or incident delays. Plus, find your way around weather-related road conditions.



AND REMEMBER...

- ✓ **TAKE IT SLOW**
- ✓ **PAY ATTENTION**
- ✓ **FOLLOW THE SIGNS**
- ✓ **DRIVE SAFELY**

