

# Pathways To Injury Prevention

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***Driving in winter can be dangerous, but preparing the car and following some basic rules for driving on ice and snow can keep everyone on the road safe.***

Get a maintenance check-up early in the winter season to ensure the car is mechanically ready to handle any weather.

Whenever heading out, make sure that the gas tank is at least half full.

The front and rear windshields should have a full supply of windshield washer fluid, and spare fluid should be stored in the trunk.

Remember to use winter tires or studded tires, and carry snow tire chains, just in case.

Ensure all of the vehicles outside lights have bulbs that work.

Clear the vehicle of snow and dirt, double-check the windows & mirrors.

***Once the car is ready to take on winter roads, the driver just needs to be prepared to adjust his driving style.***

- Favorable road conditions call for drivers to follow the two-second rule, marking their distance behind the vehicle ahead by two seconds. In winter, drivers should keep at least four seconds between their vehicle and the one ahead.
- Slow down much earlier than what's required for a dry, clear road.
- Accelerate slowly, too. Avoid sudden braking, turning the wheel, or acceleration.
- Slow down for corners well before the road starts to turn. Don't use cruise control.
- Remember that ice can be invisible on roads, so if the weather is cold enough for it, assume it's there. Overpasses, bridges, and areas in the shade are more likely to be covered in ice, so be especially careful when driving through them.
- If the car skids, the driver should look in the direction he/she wants the car to go, and then steer that way. This is also known as "driving into the skid". When skidding on ice on a straight road, shift to neutral or push in the clutch.



## **Did You Know!**

The best advice for driving during winter weather is not to drive at all if you can avoid it. Don't go out until the snow plows and sanding trucks have had a chance to do their work, and allow yourself extra time to reach your destination.

***Always Remember:  
Buckle Up!!!***



## **Inside This Issue**

- Driving for the weather
- Pre-trip vehicle check
- Keep yourself & children belted at all times
- Impaired Driving
- Teen driving
- Senior driving
- Carbon Monoxide



***Over The Limit. Under Arrest.*** NHTSA works to discourage impaired driving through a three-pronged strategy: high-visibility law enforcement with supporting communication campaigns; enhanced prosecution and adjudication; and medical screening and brief intervention for alcohol abuse problems. Special emphasis is placed on reaching high-risk populations; including those under age.

**Make Your New Year Safe  
& Your Resolutions Smart!**



### ***Teen Drivers and Strategies To Use:***

Increasing seat belt use, implementing graduated driver licensing, reducing teens' access to alcohol, and parental responsibility. The heart of NHTSA's mission is keeping families safe on America's roadways. Young drivers, ages 15 to 20 years old, are especially vulnerable to death and injury on our roadways – traffic crashes are the leading cause of death for teenagers America. Mile for mile, teenagers are involved in three times as many fatal crashes as all other drivers.

#### **We Know the Causes**

Research shows which behaviors contribute to teen-related crashes. Inexperience and immaturity combined with speed, drinking and driving, not wearing seat belts, distracted driving (cell phone use, loud music, other teen passengers, etc.), drowsy driving, nighttime driving, and other drug use aggravates this problem.

### ***Senior Drivers, When Should They Give Up The Keys***

Seniors with cognitive impairment (dementia) suffer from spatial orientation issues and a decrease in cognitive functioning. Translated, this means that some senior drivers have difficulty judging distances and may mistakenly hit the accelerator rather than the brake. Or they may not be able to find the windshield wipers. Or they fail to turn on headlights for night driving. The list of possible driving issues for senior drivers is almost endless.

- **List of Signs, When It's Time To Take The Keys**
- Stops in traffic for no reason or ignores traffic signs
- Fails to signal or signals inappropriately
- Drifts into other lanes of traffic or drives on the wrong side of the street
- Becomes lost on a familiar route
- Parks inappropriately



### ***Is Your Home Safe?***

- Research shows that most California residents are unaware of the potential threat that carbon monoxide (CO) poses in their homes.
- Carbon monoxide is an odorless, colorless and tasteless gas as well as the leading cause of accidental poisoning deaths in the United States. It has many sources which can be found in California homes including heaters, gas stoves, and generators. When these devices malfunction or are improperly used/vented, CO can build up inside a home and result in injury or death.
- Because carbon monoxide has no smell or taste and the initial poisoning symptoms often mimic the flu (headache and nausea), victims are usually completely unaware they are being exposed.