

“I do a lot of driving. How can I be sure I stay safe and healthy?”

Obey driving safety rules, keep your car in good condition and be healthy on the road.



Commuting to work, dropping off the kids at school, or going to pick up some groceries—you spend a lot of time in your car. Because we do so much driving, it's important to remember simple safety precautions, proper car maintenance, and how to stay healthy while doing all that driving.

Safety checklist

Accidents happen. It's a part of the risk of driving, and sometimes it's not even your fault. But these tips can help prevent accidents and protect you and your family during an accident.

- ☑ **Always buckle up.** Accidents can happen anywhere, so use your seat belt anytime you get into your car. Many states have a “Click It or Ticket” law, so not only are you risking your safety, but you're also breaking the law.
 - **Children too!** Depending on the age, height and weight of your child, they may be able to use a seatbelt. If not, make sure they are properly secured in the back seat in a car seat or booster seat. Don't put your child in the front seat. If the airbag goes off, it could severely or fatally injure your child.
- ☑ **Do not drive impaired.** Usually, impaired drivers are under the influence of alcohol and/or drugs. Impaired driving is one of the most common reasons for accidents and deaths.
 - **Drowsy driving.** Many people forget that being tired is also impaired driving. If you are feeling drowsy behind the wheel, pull over to rest or have a passenger drive. Signs that you may be too tired to drive include yawning, drifting in your lane or not remembering the last few miles driven.
- ☑ **Obey speed limits.** Speed limits are in place to protect us. If you're late for an event or work, it will be tempting to speed. But you're breaking the law and risking the safety of yourself and others.
- ☑ **Don't drive distracted.** Keep your eyes on the road and your hands on the wheel. Don't use your cell phone, unless your car has a hands-free system. That text isn't worth the risk of an accident!
- ☑ **Know your health history.** If you have a history of seizures, vision problems, strokes or certain heart conditions, you should discuss the safety of driving with your doctor. These conditions can affect your driving ability, and in some cases, it's illegal to drive.

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Car health

Just like you need to take care of your body with adequate hydration, healthy foods and visits to your doctor, your car needs to stay healthy too!

- **Change your oil.** Oil is responsible for keeping your engine clean, so changing your oil on a regular basis will prevent costly bills in the future.
- **Tire pressure, rotation and wear.** Keeping your tires properly inflated can help save on gas and prevent flat tires. Rotating your tires regularly will help them last longer. And be sure to keep an eye on the tread on your tires: worn down tires can lead to accidents in the rain or snow.
- **Brake check.** How often you have to change your brakes depends on your driving habits, the environment you drive in and the quality of your brakes. If you hear grinding when braking, have your brakes checked as soon as possible.
- **Read your owner's manual.** Along with oil, tires and brakes, there are other things that need to be checked on a regular basis. Every brand and model can have different requirements, so read your owner's manual and contact a professional.

Healthy drivers

If you have a long commute to work, or your job involves driving, you're going to spend several hours behind the wheel. Take advantage of these tips to stay happy and healthy in your car:

- **Check your posture.** Stuck in traffic? Sit up, squeeze your shoulder blades together and make sure your weight is evenly distributed on your hips.
- **Hands at 9 at 3.** If your car has airbags, gently grip the steering wheel at 9:00 and 3:00, and avoid wrapping your thumbs around the wheel.
- **Learn while you drive.** Listen to an audiobook or podcast on a topic you find interesting.
- **Block out the sun.** Even though you are inside your car, the sun can still do damage through the windshield and windows. Wear sunglasses that block UV rays. Sunblock may even be necessary.
- **Eat healthy on the road.** Keep healthy, long-lasting foods in your car. If you are feeling hungry, you'll be less likely to stop for fast food or at a convenience store. Nuts, homemade trail mix and protein bars are great examples of these. Remember to pull over to eat. Eating counts as distracted driving!

Take care of
your car, and
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on the road.

Driving is something that many of us take for granted. We do it so often that we tend to forget that driving is a privilege and should be taken seriously. If you follow these precautions, take care of your car, and keep yourself healthy while on the road, you're going to make your commute a lot more enjoyable and safe!