



nsc
National Safety Council
NEBRASKA CHAPTER

**SAFETY COACH
CARDS**

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NEBRASKA CHAPTER

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DRIVING BASICS **Our Driving Concern**
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You might get a little **DUSTY** driving in a dust storm.

What can help you drive safely in a dust storm?



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DRIVING BASICS **Our Driving Concern**
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What can help you when driving into the **SUN**?



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Does the summer heat affect your car tires?

Yes, it does.

What can you do to help your **tires stay inflated** in **hot weather**?



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Are your **tires old enough** to enroll into Kindergarten?


If so, what do you need to do?



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What **5-minute task** each month could save you **money**?



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What do these two things have in common: a **BOSS** and a vehicle **DASHBOARD**?



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Contact **National Safety Council • Nebraska Chapter** today for more information about the free **Our Driving Concern** program for employers.

If you love these free Safety Coach Cards, there are many more **FREE resources** your company can use to train employees and reduce costs!

COV02



These **Safety Coach** cards can be used in or out of the office setting.

Cards feature discussion points and questions with suggested answers. Each card is labeled with a topic.

COV01

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When driving into the sun remember:

- S**unglasses—polarized ones help reduce glare
- U**tilize your sun visor—it can help block out the sun
- N**ot following too closely—leave following room as it can be hard to see what the car ahead is doing.

DB28

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When driving in a dust storm, remember:

- D**riving lights should be off
- U**p the volume on your radio
- S**tay off the freeway if possible; exit at a ramp
- T**hree hundred feet visibility before driving
- Y**ou watch out—as heavy rains may follow

DB27

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Most tire manufacturers recommend **replacing your tires** (including your spare) **every 6-10 years**.

DB30

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Check your tires MONTHLY!

In the hot summer months, the high heat and hot roadways contribute to the breakdown of tires and a greater opportunity for tire failure.

Under-inflation leads to...

- Poor fuel economy • Sluggish handling
- Longer stopping distances • Poor traction and braking
- Increased stress to tire components

DB29

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They both give **WARNINGS** that **shouldn't be ignored**.

- ✓ Vehicles with an on-board diagnostics system trigger warning lights for various reasons.
- ✓ Ignoring these warnings could cause significant damage to your vehicle, but more importantly put you, your passengers, and others around you in danger.

DB32

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The total amount of time required to **check your tires' air pressure** is about **ten seconds a day...or five minutes each month**.

Doing this can help you...

- ✓ Avoid crashes caused by tire pressure issues such as poor traction, braking and handling
- ✓ Save around 12 cents on each gallon of fuel—proper inflation also enhances fuel efficiency!

DB31

DISTRACTED DRIVING

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How do **YOU** define distracted driving?

DD01

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DISTRACTED DRIVING

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Name five ways to **drive distraction free**.

DD02

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DISTRACTED DRIVING

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How many **thinking tasks** can your brain focus on at one time?



DD03

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DISTRACTED DRIVING

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Is it safe to use a **hands-free** device while driving?

DD04

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DISTRACTED DRIVING

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Is a hands-free device **more dangerous** than talking to a passenger?



DD05

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DISTRACTED DRIVING

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What distracts drivers? List as many distractions you can think of in **60 seconds**.

DD06

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DISTRACTED DRIVING

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In terms of driver distraction, **what's the difference** between **chewing gum** and **talking on the phone**?



DD07

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DISTRACTED DRIVING

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What are **three suggestions** to help someone break the habit of reaching for their cell phone while driving?

DD08

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**Possible answers may include:**

- ✓ Use an app that shuts off phone notifications
- ✓ Pull over for a call or text
- ✓ Keep your hands on the wheel
- ✓ Avoid eating and drinking while driving
- ✓ Keep your eyes on the road
- ✓ Set your radio and GPS before driving

DD02



DISTRACTION occurs any time you take your **eyes off the road**, your **hands off the wheel**, and your **mind off your primary task**: driving safely. • Any non-driving activity you engage in is a potential distraction and increases your risk of crashing.

DD01



The answer is NO. Portable and vehicle-integrated hands-free cell phone use still involves visual-manual subtasks, which are associated with a greater crash risk, and can cause drivers to miss the important visual and audio cues that would ordinarily help avoid a crash.

DD04



The answer is – ONE. If your brain has more than one thinking task to choose from, it gets overwhelmed and filters information out. When people attempt to perform two complex tasks such as driving and talking on a phone, the brain shifts its focus and drivers develop **“inattention blindness”** – or **“looking” but not “seeing”**.

DD03

**Driving distractions include:**

- ✓ Texting • Electronic devices • Tuning radio
- ✓ Reaching for items • Eating and drinking
- ✓ Talking on cell (hands-free or handheld)
- ✓ Reading, including maps
- ✓ Applying makeup or grooming
- ✓ Dealing with children or pets in the car

DD06

**Most of the time, a passenger...**

- ✓ **Gives non-verbal cues.** Without those cues, a cell phone conversation takes more focus.
- ✓ **Sees your driving environment** and can adjust the conversation based on risks.
- ✓ **Serves as a lookout for hazards** (like a co-pilot). As a result, passengers can actually reduce the crash risk.

DD05



- ✓ **Turn off** your cell phone when you enter the car
- ✓ Place the phone **out of reach** (ex: trunk)
- ✓ Put your phone on **silent or vibrate**
- ✓ Have your **outgoing message** state you are a “cell phone-free driver”
- ✓ **Let someone else drive** if you need to make a call

DD08

**Chewing gum is not demanding on your brain!**

You don't have to **think** about it!

You can't do more than ONE thinking task at a time and do it safely or well.

Thinking tasks include: Driving, Texting, Listening, Speaking, Reading, and Gaming.

DD07

DISTRACTED DRIVING

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If your job requires you to be accessible to take calls while you're out of the office or worksite—what are some ways to make this work **without driving and talking**?

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DISTRACTED DRIVING

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Aside from putting away or turning off your cell phone, what are other things you can do **BEFORE YOU START THE CAR** to reduce any possible distractions?

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DISTRACTED DRIVING

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Think of an activity you can do in **under a minute**. Does it seem like a really short amount of time?

Now, **how long** does it take for you to **text one sentence**?

DD11

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TRUCK SAFETY

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What's the proper way for **trucks** to proceed across a **rail grade crossing**?



TR08

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IMPAIRED DRIVING

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Carl **doesn't** believe that “buzzed” and “drunk” are the same thing.

TRUE or FALSE?

Being “buzzed” is being impaired.

ID01

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IMPAIRED DRIVING

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How much **alcohol** is too much?



ID02

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DROWSY DRIVING

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What are some **proven ways** of helping you **combat drowsy driving**?



DRD01

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DROWSY DRIVING

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In 60 seconds, list all of the reasons you can think of that can **cause a driver to be sleepy** behind the wheel. There are several—**how many can you identify**?

DRD02

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- ✓ **Be familiar with the controls** in your vehicle, especially when in a car that's not yours.
- ✓ **Adjust vehicle controls** such as mirrors, seat, radio, heat or air conditioning.
- ✓ **Plan ahead.** Read maps and check traffic conditions.
- ✓ **Pre-program directions** into your navigation system.

DD10

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- ✓ **Organize your route and schedule** so you can make phone calls from one place before traveling to the next.
- ✓ **Establish regular times** when callers can contact you and when you will return calls.
- ✓ Set up a **special ring** for one contact who will call in an emergency work situation – leave the road and park to return the call.

DD09

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- ✓ Approach with care; warn others you are slowing.
- ✓ Use pull-out lane if available.
- ✓ Prepare to stop—roll down windows and turn off noise.
- ✓ Stop at least 15' but not more than 50' from nearest rail.
- ✓ Look and listen both ways carefully, and bend forward to see around mirrors and A-pillars.
- ✓ Make sure you can drive fully through, and the back of your vehicle will have at least 3' of clearance from furthest rail.
- ✓ If in a pull-out lane: signal, watch for safe gap, re-enter road.
- ✓ Use highest gear that will let you cross without shifting.
- ✓ Keep going once you start even if crossing lights start to flash

TR08

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- ✓ **Twenty-three seconds** is the average time your eyes are off the road while **texting**.
- ✓ Texting while driving can more than **double** your chances of a **crash** or a **near-crash**.
- ✓ In a recent year, 3,179 people were killed and 431,000 were injured in distracted driving crashes...**are those 23 seconds worth the risk?**

DD11

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Impairment starts with the first drink.
Even one **drink** of **alcohol** can affect a person's ability to operate a motor vehicle.

ID02

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TRUE.

"Buzzed" is impaired.

If you feel different, you drive different.
Buzzed driving, impaired driving, or driving under the influence all describe drivers who lack the necessary awareness to avoid crashes.

ID01

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Drowsy-driving factors may include:

- ✓ Sleep loss (chronic or acute)
- ✓ Sleep-restrictive work patterns (e.g., night shifts, overtime, rotating shifts)
- ✓ Change in driving patterns (ex: time of day or amount of time spent driving)
- ✓ Use of sedating medications or alcohol
- ✓ Untreated sleep disorders

DRD02

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- ✓ Stop driving. **Pull in to a rest stop and sleep!**
- ✓ Safely pull over, turn on your hazard lights, **nap for 15 to 20 minutes**, and then proceed to the nearest exit or rest stop to more fully rest.
- ✓ Napping + **consuming caffeine equivalent to two cups of coffee** can keep you alert enough get you to a place to rest.

DRD01

DROWSY DRIVING

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Name some possible warning signs that you are **drowsy driving**.

How many of those (if any) have you found yourself doing?

What did you do?

DRD03

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DROWSY DRIVING

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Where do you think the majority of **fall-asleep crashes** occur? (Choose one answer)

1. On dark rural highways with little to no street lighting.
2. On highways and major roadways with speed limits of 55 to 65 mph.
3. On urban highway exchanges with several lanes and exits.

DRD04

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DROWSY DRIVING

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Many of us are in jobs where our shifts rotate from day to night, or where we work second or third shift regularly.

What **strategies** can you use to **drive safely** to and from work if you're a **shift worker**?

DRD05

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DROWSY DRIVING

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It happens to just about everyone: You're **driving late at night**, or you're on a **long driving stint**, or you only got a **couple hours sleep** last night.

What did you do the last time you got sleepy at the wheel?

DRD06

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IMPAIRED DRIVING

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What are some ways you can keep someone from getting behind the wheel and **driving impaired**?



ID03

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IMPAIRED DRIVING

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Prescription medications are helpful in the right doses, at the right time, and when the user is aware of all potential side effects.

What are some of the dangers of prescription medicine?



ID04

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IMPAIRED DRIVING

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There are a number of ways driving performance can be affected by drugs or alcohol. Drugs and alcohol create a false sense of confidence in driving ability.

How can you tell if someone is UNDER THE INFLUENCE?

ID05

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IMPAIRED DRIVING

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Safe driving requires **precise skills**, **clear judgment**, **concentration**, and **ability to react** to what happens on the road.

Is taking a prescription or over-the-counter medication as dangerous as drinking alcohol combined with driving?

ID06

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Drowsy-driving crashes more often take place on **highways and major roadways with speed limits of 55 to 65 mph**.

Fall-asleep crashes are likely to be **serious**.

The majority of drowsy-driving crashes involve **drivers alone in the vehicle**.

DRD04



Drowsy driving warning signs may include:

- ✓ You can't stop **yawning**.
- ✓ Your **eyes close, blink** frequently, or have **trouble focusing**.
- ✓ Your **mind wanders**; disconnected thoughts. You can't remember the last few miles.
- ✓ Your **driving** becomes **sloppy**.
- ✓ You **hit rumble strips** or grooves in the road.

DRD03



Activities that won't help:

- ✓ Turning the volume up on the radio.
- ✓ Singing loudly
- ✓ Chewing gum or eating
- ✓ Getting out and running around
- ✓ Slapping yourself
- ✓ Sticking your head out the window

DRD06



- ✓ **Get good sleep**—create a quiet, cool, dark environment, allow sufficient time, and try to sleep during the same hours each day.
- ✓ Avoid driving home from work while sleepy. Get a **ride from a family member, take a cab**.
- ✓ **Nap** before heading home
- ✓ **Consume caffeine** (= two cups of coffee) to help improve alertness for a short period.

DRD05



- ✓ Dependency and then addiction can occur, especially to pain medication.
- ✓ It may be the person who holds the prescription, or someone who is stealing the medication for recreational use.
- ✓ Potential overdoses are a risk associated with any prescription medication.
- ✓ From 1999 to 2014, the number of unintentional prescription deaths rose by 351%.

ID04



Do your best to stop them. Try these:

- ✓ Drive him or her yourself (if you are sober).
- ✓ Call a cab (or Uber or Lyft).
- ✓ Spend the night and leave in the morning.
- ✓ Call a sober friend or family member to drive.
- ✓ Plan ahead if you and colleagues/friends plan to drink (designate a driver, arrange a cab, pre-plan to spend the night away.)

ID03



- ✓ Alcohol, recreational drugs, prescription and even over the counter medicines can affect your driving skills.
- ✓ Taking drugs of any kind and then driving puts you at greater risk of injuring or killing yourself, your friends or other innocent people.
- ✓ Not taking your medication correctly can also be of concern. Follow instructions and consult with your doctor or pharmacist before driving.

ID06



Signs of impairment...

- ✓ Dulled judgment, reasoning abilities, concentration
- ✓ Slow reflexes and reaction time
- ✓ Hindered or exaggerated coordination/motor skills
- ✓ Affected short-term memory and tracking ability
- ✓ Increased distraction and drowsiness
- ✓ Hindered maneuvering ability
- ✓ Blurred or restricted vision
- ✓ Increased confusion and anxiety

ID05

PASSENGER RESTRAINT

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Pickup truck drivers and passengers are less likely to buckle up than other motorists. Think of someone you know who drives a pickup truck. **Do they wear a seat belt all of the time?**

PR01

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PASSENGER RESTRAINT

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What do you think would happen to your body if you **fell from a 12-story building**? Would you survive?



Now compare that impact to a car crash...

PR02

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PASSENGER RESTRAINT

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Name several ways a **seat belt** will help to protect you or your passengers in a crash.



PR03

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PASSENGER RESTRAINT

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From a physics point of view, what would happen if you or your passengers were **not wearing a seat belt** and the car was brought to a sudden and abrupt halt by a **collision** with a big tree?

PR04

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PASSENGER RESTRAINT

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Everyone loves to save money. What do you think is the **least expensive way** to **protect** you and your passengers while in your car?



PR05

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PASSENGER RESTRAINT

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Think of the last time you were driving a car with passengers (friends, family, co-workers).

✓ Did you make sure you and your passengers were buckled up correctly?

PR06

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PASSENGER RESTRAINT

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Your friend Alessandro won't wear a seat belt when riding in your vehicle. He says, "The vehicle's air bag will protect me in a crash." What can you say to Alessandro?

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PASSENGER RESTRAINT

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George thinks his seat belt is too tight and uncomfortable. He's been driving with the shoulder belt tucked behind his back and the lap belt fitted over his stomach.

What should George do instead?

PR08

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A collision while driving at **60 mph** **without wearing your seat belt**, would have the same impact as if you **fell from a 12-story building**.

...AND a **40-mph** collision has the same impact as if **falling from a 6-story-building**.

PR02

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In fatal crashes, pickups roll over **almost twice as often as passenger cars**.

But if a truck should roll over during a crash – your **survival rate** will **increase** if you're **wearing a seat belt**.

PR01

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Everyone moves in the direction of impact until stopped by the inside surface of the vehicle. • Organs get **jarred**. Solid organs like the spleen and the liver **fracture** and **bleed**. • Hollow organs like the stomach **rupture**. • Vessels like the aorta **tear**. • Lungs rupture or become **punctured**. • **Seat belts PROTECT the driver and passengers from the powerful forward moving forces and the three crashes that occur in any collision.**

PR04

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Seat belts...

- ✓ Protect drivers and passengers by helping absorb the force of a crash.
- ✓ Keep occupants from being ejected in a crash (a frequent cause of death).
- ✓ Hold the driver in place so he or she can better control the vehicle.
- ✓ Increase the odds of surviving a serious crash.

PR03

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Buckle up every seat, every time!

Drivers and passengers who **buckle up** are **45% less likely to die** and 50% less likely to be moderately injured in a motor vehicle crash.

PR06

nedrivingconcern.org



Seat belts are the **least expensive** and **most effective** way to **save lives** and **reduce the severity of injuries**.

PR05

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George should...

ask his car dealer for assistance if the seat belt does not fit properly.

PR08

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You can tell Alessandro: "Air bags are designed to work **with** seat belts—not replace them! As a driver, I need you buckled up to ride with me. It is non-negotiable."

PR07

AGGRESSIVE DRIVING

Our Driving Concern
an nsc program

Is **road rage** the same thing as **aggressive driving**?

How do you define each term?



AG01

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AGGRESSIVE DRIVING

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What is Aggressive Driving?

In 60 seconds, list as many driving behaviors as you can that you consider “aggressive.” Maybe you have even encountered some while driving!

AG02

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AGGRESSIVE DRIVING

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TRUE or FALSE?

The posted speed limit is a law that applies to all traffic lanes.

Technically speaking, there is no “fast lane” or “slow lane”.

AG03

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AGGRESSIVE DRIVING

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an nsc program

Which of the following are excuses used by people who committed murder as a result of road rage?

- ✓ “He cut me off on the highway.”
- ✓ “She was only driving the posted speed limit of 25 miles per hour.”
- ✓ “He wouldn’t turn off his high beams.”

AG04

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AGGRESSIVE DRIVING

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Think of **three things** you can do when you find yourself on the road with an aggressive driver, to avoid confrontation and protect yourself.

AG05

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AGGRESSIVE DRIVING

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“If I see someone driving aggressively, shouldn’t I speed up to **get away from** their vehicle?”

Talk over this statement. What do you think?

AG06

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DRIVING BASICS

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Which vehicle has the right of way in a **four-way intersection** if the traffic signals are not working?



DB01

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DRIVING BASICS

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What safety tips should you remember when approaching a **railway crossing**?



DB02

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**Aggressive driving behaviors can include:**

- ✓ Speeding • Drag racing on public streets
- ✓ Frequent and unnecessary lane changes
- ✓ Tailgating • Running red or yellow lights
- ✓ Cutting off other drivers
- ✓ Angry gesturing or yelling at other drivers
- ✓ Ignoring posted traffic signs or barriers

AG02

**There is a difference.**

- ✓ Aggressive driving is a **traffic offense**; road rage is a **criminal offense**.
- ✓ Road rage is characterized by **willful and wanton disregard for the safety of others**.
- ✓ Road rage is an **assault with a motor vehicle or weapon** precipitated by an incident on a roadway.

AG01



All of these are actual excuses offered by people who killed others in road-rage incidents, and are documented in news stories of specific road-rage incidents.

AG04

**Answer: TRUE**

- ✓ In at least 29 states, **slower traffic** is expected to **keep right** (and many drivers treat this as an “unwritten rule” of the road), except for emergency vehicles.
- ✓ **Speeding** is a contributing factor in nearly **27% of all fatal crashes**.

AG03



- ✓ It is true that you should put as much distance as you can between yourself and an aggressive driver or a driver you think may be impaired.
- ✓ However, you shouldn't put yourself at additional risk by speeding.
- ✓ Pull over, turn right or take the next exit to keep out of harm's way.

AG06



- ✓ First, make every attempt to get out of the aggressive driver's way.
- ✓ Put your pride in the back seat. Do not challenge them by speeding up or attempting to hold-your-own in your travel lane.
- ✓ Avoid eye contact.

AG05



- ✓ Reduce speed when approaching crossings and look both ways.
- ✓ Turn down your stereo and listen for a train.
- ✓ If red lights are flashing or if crossing arms have been lowered, stop.
- ✓ Never stop on the tracks.
- ✓ Be sure **ALL** tracks are clear before crossing—there may be more than one set of tracks.

DB02

**Four-Way Intersection** without signals (or when signals aren't working):

- ✓ The **first driver who arrives** gets to go first. If you “tie” with someone, it is safest to yield to the driver on your right. Be careful—not everyone follows these guidelines.

DB01

DRIVING BASICS

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What do **ART LESSONS** and **engine leaks** have in common?



DB03

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DRIVING BASICS

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Unlike owls, humans can't swivel their heads around to face backwards. If only we could, driving backwards would be easier!

Name three things you **CAN** do to back up your vehicle safely.

DB04

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DRIVING BASICS

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Have you ever had a **close call**—a time when you **lost control** of your vehicle?

What can you do to **regain control** of your vehicle?

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DRIVING BASICS

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Which vehicle has the right of way in a **T-intersection**?



DB06

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DRIVING BASICS

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What are the rules for vehicles using a **Roundabout**?



DB07

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DRIVING BASICS

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One modern train engineer recently stated, "There are two types of train engineers—those who have hit someone on the tracks—and those who will." Why did the engineer say this?

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DRIVING BASICS

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What is the right thing to do if you are driving and see an **emergency vehicle** in front of or behind you, with lights flashing and siren on?

DB09

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DRIVING BASICS

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What is the right thing to do if you are **already in an intersection** and an **emergency vehicle** is approaching with lights flashing and siren on?

DB10

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- ✓ If someone's with you, use that person as a **"spotter" to help guide** you when backing.
- ✓ Choose **easy-exit parking** spaces that don't crowd neighboring vehicles.
- ✓ Do a **walk-around** first. This gives you a firsthand view of the backing area and any limitations.

DB04



COLOR! You may be able to help identify the type of engine leak simply by looking at the **liquid's color**. It is always good to inform your mechanic what you observe.

- ✓ **Motor oil**—dark brown or yellow; feels slippery
- ✓ **Transmission fluid**—pink or red; feels slippery
- ✓ **Antifreeze**—green or orange; sweet smelling
- ✓ **Power steering fluid**—completely clear

DB03



T-Intersection: The major road, or the top of the "T" of the intersection, has right-of-way generally, but it is important to watch for any vehicles as you enter traffic.

DB06



TIPS for regaining control:

- ✓ Remain calm no matter what.
- ✓ Look where you **WANT** to go, and point the wheels in that direction.
- ✓ Don't slam on the brakes, but ease up on the gas pedal.

DB05



- ✓ Train engineers know the extreme distance it takes to bring a moving train to a complete stop:
- ✓ A freight train going 55 mph **needs a mile or more to stop—the length of 18 football fields**.

DB08



Roundabouts: Slow down, watch for new cars entering the flow of traffic, and know where you are going before entering the roundabout. Those already in the roundabout have the right-of-way. Do not stop or pass other vehicles. Use signals when entering or exiting. If you miss your turn, go around the circle and try again.

DB07



Wait to see if the emergency vehicle needs to turn at the intersection. If it's not turning, continue through intersection and then pull over as soon as you safely can. **Use your turn signal** to indicate where you're moving, and **keep a foot on the brake** to let emergency vehicle drivers know you have stopped.

DB10



If the emergency vehicle is behind or ahead—and the way is clear—**pull over as far as you can** to the right side of the road and come to a stop. **Use your turn signal to indicate where you're moving**, and **keep a foot on the brake** to let emergency vehicle drivers know you have stopped.

DB09

DRIVING BASICS

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You're driving along and suddenly the weather becomes a concern.

What are the **first two things** to do to keep driving safely?

DB11

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When driving, every second matters when you spot risks.

How can counting seconds **save your life**?

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What do an **astronaut** and a **safe driver** have in common?



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Hopefully, the only tailgating you run across is after a football game. But—what should you do **if someone is tailgating you** on the road?



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How can a driver see into the future?



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Unlike taking a test in school, **PASSING** is not always a good thing.

✓ What are some situations when you should **NOT pass** another vehicle?

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What steps should you take to **PASS** another vehicle **safely**?



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Have you ever had trouble **backing a vehicle out of a parking spot** in a busy parking lot?

✓ What are some things you can do to back up as safely as possible?

DB18

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In normal driving conditions, it takes about 1.5 seconds to notice a potential risk and 1.5 seconds to react. **Wait for the vehicle ahead of you to pass a fixed object** (road sign, tree, etc.) then start counting “1,001, 1,002, 1,003”.

- ✓ If you reach that same object *before* three seconds—**you’re too close!**
- ✓ **In an SUV:** distance should be at least **five seconds**.
- ✓ **In commercial vehicle** or in adverse conditions: following distance should be at least **six seconds**.

DB12



Two things to do immediately when weather affects road conditions are:

- ✓ **reduce** your speed and
- ✓ **increase** your following distance.

DB11



ANSWER: If someone tailgates you, move into another lane and let the tailgater pass. Or, pull off the road so the person can pass. Avoid speeding up or slowing down.

Most of all—don’t take it personally! Keep calm.

DB14



They both need SPACE. Maintain SPACE around your vehicle. Remember:

- ✓ Use the three-second-rule to keep space between you and the vehicle ahead.
- ✓ Don't drive parallel with another vehicle. (Leave room on both sides of your car to escape potential obstacles.)
- ✓ Let tailgaters pass you.

DB13



ANSWER: It is unsafe and can be illegal to pass another vehicle when:

- ✓ your line-of-sight is restricted or limited (e.g., a curve, hill or weather conditions).
- ✓ cross-traffic is present.
- ✓ a solid yellow line is on your side of the roadway.
- ✓ a school bus is loading or unloading children.

DB16



ANSWER: Look!

Look ahead: As you drive, look four or five vehicles in front of you. This helps you anticipate stops, slowdowns, curves or other changes coming in the traffic or roadway.

Look behind: Check your rearview mirrors approximately every ten seconds. This helps you anticipate hazards approaching from behind.

DB15



Check to make sure the path to the rear and sides is clear **BEFORE getting in the car** (especially of small children and objects). Check all blind spots carefully.

Keep your foot firmly on the brake pedal while shifting to reverse. **Back up slowly** and be prepared to stop quickly.

Look in the direction you are moving. Remember, the rear of the vehicle turns in the direction you turn the steering wheel when backing up. If you become confused or disoriented, **stop and begin again**.

DB18



ANSWER: When passing another vehicle:

- ✓ Scan for hazards, e.g., oncoming, merging, and/or vehicles approaching from rear
- ✓ Check for blind spots and signal your intention
- ✓ Accelerate to appropriate speed into passing lane
- ✓ Concentrate on the path ahead
- ✓ Check the mirror for following cars
- ✓ Cancel turn signal after passing

DB17

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Marvin gets out of his car and starts to cross the middle of the street, all while answering a text message on his phone. A car quickly swerves to avoid him.

What should Marvin have done differently to be a safe pedestrian?

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Not everyone is a driver, but **everyone is a pedestrian at some point**. What should a pedestrian **never assume** about a driver?

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What should a driver do to keep everyone safe when there is a **cyclist on the road**?



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True or False?

Bicyclists have the same rights and responsibilities as drivers.

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Don't make a mountain out of a molehill.

What are some tips for parking your vehicle on an **uphill street** or **downhill street**?



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- ✓ What **parallel parking advice** have you heard or tried?
- ✓ Did the technique work?

See reverse for a parallel parking technique to try.

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True or False?

Some Work Zones are **mobile** and **moving**.



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Roadway work zones are **hazardous**, both **for workers and motorists** who drive through the complex array of signs, barrels and lane changes.

- ✓ What are some **tips to keep in mind** when driving through work zones?

DB26

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- ✓ **Never assume a driver sees you.**
- ✓ Make eye contact with drivers as they approach to make sure you are seen.
- ✓ Be visible at all times. Wear bright clothing during the day, and wear reflective materials or use a flashlight at night.

DB20

**PEDESTRIAN SAFETY TIPS**

- ✓ Always cross at intersections and crosswalks.
- ✓ Look for traffic when stepping off a bus or from behind parked cars.
- ✓ As a passenger, get in or out of a car on the curb side of the street.
- ✓ Make eye contact with drivers before you cross the street.
- ✓ Don't text or talk while walking!

DB19

Answer: **TRUE!**

As a bicyclist, obey all traffic laws, including:

- ✓ Stop at red lights and stop signs
- ✓ Pay attention to lane markers
- ✓ Ride near the curb, traveling in the same direction as traffic
- ✓ Use a light on the front and a red reflector or red light on the back of your bike while riding at night

DB22

**TIPS FOR DRIVERS**

- ✓ Be on the lookout for cyclists on the highway, especially at intersections.
- ✓ If you're passing a bicyclist, move to another lane if possible and give them plenty of room.
- ✓ Watch for riders who may need to maneuver around potholes and debris.
- ✓ Never drive in a bike lane.

DB21

**To parallel park in a space on your RIGHT:**

Find a spot roughly **6 feet longer** than your car. • **Pull up three feet away** from side of car you'll park behind and align your back tires with the other car's back bumper. **STOP.** • Keep foot **on** or **near** brake pedal. The gas is not needed. • **Put your turn signal on** and check your blind spots. • Put car into reverse. Turn wheels **ALL THE WAY** to the right. • Carefully back up until you are at a 45-degree angle, and **STOP.** • Turn your wheels **ALL THE WAY** to the left. • Back up slowly until you are parallel with the curb.

DB24



UPHILL: Turn your front tires away from the curb, and let your vehicle roll back slowly until the rear part of the front tire rests against the curb.

DOWNHILL: Turn your front tires toward the curb, and let your vehicle roll forward slowly until the front tire rests against the curb.

IF THERE IS NO CURB PRESENT, still turn your tires as stated above, so that if your vehicle moves for some reason, it will roll away from traffic.

DB23



- ✓ **SLOW DOWN.** Always follow posted WORK ZONE SPEED LIMITS. Speeding is one of the major causes of work zone crashes.
- ✓ **PAY ATTENTION.** Workers and heavy equipment may be only a few feet from passing vehicles.
- ✓ **BE PATIENT.** Delays can be frustrating. It only takes a few extra minutes to slow down for a work zone.
- ✓ **PLAN AHEAD.** Leave a few minutes early when traveling through a work zone to reach your destination on time.

DB26

**TRUE.**

Mobile and moving work zones include line painting, road patching, or mowing. Just because you do not see workers immediately after you see a **Work Zone** sign does *not* mean they are not out there. Observe the posted signs until you see one that says **End Road Work.**

DB25

AGGRESSIVE DRIVING

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Which of the following are ways that speeding can influence a crash? *The faster you drive...*

- ✓ Increases the distance it takes to stop your vehicle.
- ✓ Reduces the ability of seat belts, air bags, guardrails, and barriers to protect vehicle occupants in a crash.
- ✓ Increases crash severity.

AG07

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TRUCK SAFETY

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Who should be using a truck-driver's side-view mirror, besides the driver of the truck?



TR01

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TRUCK SAFETY

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What do a **truck** and **Mother Nature** have in common?



TR02

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- ✓ Considering the average car weighs about 5,000 pounds, what do you think is the legal weight limit for a semi-truck?
- ✓ How does **vehicle weight affect traffic**?

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Trucks, at least, need additional space because **they take twice as long to stop as a passenger car**. If you move into that space and brake suddenly, the truck may not have enough time to stop safely.

- ✓ **How can you tell** if you have enough room to pass a truck safely?

TR04

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TRUCK SAFETY

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Why can a **crash with a truck** be more severe than a crash with a smaller vehicle?

TR05

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How many **blind spots** does a large truck have?



TR06

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What is "**bobtailing**?"

- ✓ Are "bobtailing" trucks safer to be around on the road than trucks hauling trailers?

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ANSWER: **YOU!**

If you can't see the driver in the truck's side mirror, you are following too close. The driver can't see you or your vehicle. It also obscures your view of the road in front of you. **Avoid traveling alongside or close behind a truck.**

TR01

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ANSWER: **ALL** of these are true.

- ✓ Speeding increases the distance it takes to stop.
- ✓ Crash severity increases as speed increases. If you accelerate from 40 to 60 miles an hour, your speed increases 50 percent while the energy released in a crash more than doubles, reducing the effectiveness of seat belts and airbags.

AG07

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ANSWER: Large trucks and truck-tractor combinations can weigh as much as 80,000 pounds. **(That's 40 tons.)**

- ✓ Because of this, they require more acceleration and deceleration time than an average passenger vehicle and can have blind spots in multiple locations.
- ✓ Always take extra care to share the road responsibly with large trucks!

TR03

nedrivingconcern.org



ANSWER: Both can create **WIND!**

Because of their size, **large trucks create wind currents** that can affect nearby vehicles. These currents can **threaten your vehicle's stability** when you are close. This is an even greater driving challenge when you are riding a motorcycle, towing a trailer or other object, or traveling on slick roadways. **Be sure to allow plenty of clearance between your vehicle and large trucks.**

TR02

nedrivingconcern.org



ANSWER:

Large trucks and the trailers they pull **do not** have impact-absorbing bumpers.

Additionally, the **truck's metal bumpers may not align with those of your car.** A severe collision can result when a car hits the rear end of a truck.

TR05

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ANSWER:

- ✓ Always leave at least four car lengths between the back of your car and the front of any large truck you pass (more if driving in adverse conditions).
- ✓ Make sure the entire truck appears in your rearview mirror before returning to the lane.
- ✓ Never cut in front of a truck.

TR04

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ANSWER:

- ✓ **Bobtailing** is a term used when a truck is driving without the trailer attached.
- ✓ Trucks handle very differently when bobtailing, often making them more dangerous, especially in wet weather.
- ✓ Whether or not a truck is hauling a trailer, always **use caution when driving near big rigs.**

TR07

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ANSWER: **4**

- ✓ There are **four large blind spots** where cars disappear from a truck driver's view. They extend far beyond the right and left lanes as well as the rear and front of the truck.
- ✓ These **"No Zones"** are danger areas around large trucks in which crashes are more likely to occur. If the passenger car can't see the truck's mirrors, the trucker can't see car.
- ✓ Passenger car drivers should avoid lingering in these areas whenever possible. Stay out of the **"No Zone"**!

TR06

DRIVING BASICS

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Check engine light on? You may have to **CAP IT UP!**

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Don't be a **DRIP!**
What can happen to your car if you ignore a drip?



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Don't **TREAD** lightly when inspecting your tires!

What should you look for?



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When you approach an intersection where you need to turn—**what should you do?**



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Drivers...

To YIELD or not to YIELD—it's not really a question.

What are the rules?



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Do you need **X-ray vision** to see an unmarked crosswalk?

How do you know if it's a crosswalk if it's unmarked?



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"I was here first!"

WHO YIELDS when entering the highway?

HINT: It's both the law AND common sense.



DB39

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Winter, spring, summer and fall...

Name something you should do each season to keep your car in great shape.



DB40

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- ✓ Drips may be caused by leaks which can lead to low fluid levels.
- ✓ Low fluid levels may affect the **efficiency** and **performance** of your vehicle.
- ✓ If the engine fluids run low or become empty, the damage to your vehicle may be **irreparable**.
- ✓ The engine could dry up and cause the entire vehicle to overheat, **putting your safety at risk**.

DB34



- ✓ Too much emissions **trigger your vehicle's check engine light**.
- ✓ A properly fitting gas cap can **save you money** at the pump...and **save the environment** by avoiding excess evaporative emissions!

DB33

**Be sure to...**

- ✓ Slow down and be prepared to stop when turning or otherwise entering a crosswalk.
- ✓ Yield to pedestrians in crosswalks and stop well back from the crosswalk to give other vehicles an opportunity to see the crossing pedestrians so they can stop too.
- ✓ Never pass vehicles stopped at a crosswalk.

DB36

**Be on the lookout for tires with...**

- ✓ Worn spots, cracks, or cuts exposing the ply or cord through the tread.
- ✓ Visible bumps, bulges, or knots due to tread or sidewall separation.
- ✓ Worn tread with 1/16" or less of design depth remaining.
- ✓ Tread wear indicators in contact with the road.

DB35

**NO X-RAY VISION IS NEEDED!**

Marked pedestrian crosswalks are obvious with painted lines or other markings, signs, or signals on the surface...and can be midblock or at intersections.

UNMARKED CROSSWALKS do not have these markings.

An intersection with **cross-streets that have SIDEWALKS** are considered unmarked crosswalks—the sidewalk crossing “continues” across the road. (Unless there is a no-pedestrian sign posted.)

DB38



In most states, vehicles should **YIELD** the right-of-way to any pedestrians who are:

- ✓ In their same half of the road as a marked/unmarked crosswalk, or
- ✓ Close enough from the opposite side of the road to be in danger, or
- ✓ Approaching on a sidewalk as the vehicle is emerging from any alley, building, private road, or driveway.

DB37



We hope you said **OIL CHANGE** as an answer!

- ✓ Change your oil and filters as recommended by your vehicle's manufacturer to help your vehicle operate efficiently and increase its odds of passing an emission test.
- ✓ It is also important to use the type of oil and fuel recommended by the manufacturer for best performance.

DB40

**Drivers entering a highway or freeway should...**

- ✓ Yield to vehicles already driving—otherwise a collision may occur.
- ✓ A driver may yield to avoid a potential collision, but it is the merging driver's duty to slow or come to a stop until it is safe to merge.

This is also true when changing lanes—the merging vehicle should yield to those already in the lane.

DB39

DRIVING BASICS

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Go back to school...for School Bus Law

TRUE or **FALSE**?

You only have to stop behind a school bus with flashing red lights if you are immediately behind the bus.



DB40

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FACT or **NOT**?

More than a 25 million children and teens depend on over 480,000 buses to get them safely to and from schools every day.



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If you think trains will stop if they see a car on the tracks, you're right. They will —**about a mile after they hit you.**

Railroad crossing safety is a serious matter. **What do you need to remember** at railroad crossings?

DB42

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Do you like to race?

Racing a train...

...is a race **you cannot win.**

WHY?

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TRUE or **FALSE**?

If you don't see a railroad gate down, it's safe to cross the tracks.



DB44

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Choo, Choo, Choose...

to obey the law at railroad crossings.

What IS the law?



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What should you do if your vehicle **stalls out on train tracks?**



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Your friend Norman is newly arrived from the UK, where pedestrian laws and behavior may be different. What **pedestrian DOs** and **DON'Ts** can you share with Norman?



DB47

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**Answer: FACT**

Kids depend on motorists to know the law and drive safely around school buses. As a motorist, you should...

- ✓ Obey the posted speed limit. (Fines **INCREASE** in school zones.)
- ✓ Keep an eye on children gathered at bus stops.
- ✓ Watch for children who might dart across the street to catch the bus.
- ✓ Stay off your cell phone...avoid distracted driving.

DB41

**Answer: FALSE**

Obey the school bus laws in your State!

- ✓ Stop for flashing red lights and extended “stop arms” on a school bus, regardless of which direction you're headed (some states have exceptions of multi-lane divided highways).
- ✓ Continue your trip once the bus has moved, the flashing lights stop, or the bus driver signals to pass.

DB40



Always stop for trains. **Trains can't stop for you.**

The U.S. Railroad system has 830 railroads, 134,000 miles of tracks, and 216,000 railroad crossings.

In 2016 there were **2,041 railroad crossing incidents** in the U.S.—including **260 fatalities**.

DB43



At a railroad crossing, always remember to...

- ✓ Slow down and look both ways.
- ✓ Turn down your stereo and listen for a train.
- ✓ **STOP** if red lights are flashing.
- ✓ **STOP** if crossing arms have been lowered.
- ✓ Check all tracks are clear both ways before crossing—there may be more than one set of tracks.
- ✓ Check if there's room on the other side of the tracks.
- ✓ Never stop on the tracks. Never race a train.

DB42



Remember motorists are **required to yield the right of way to trains**.

It is ILLEGAL to...

- ✓ Cross tracks if a train is visible.
- ✓ Drive around gates that have been lowered. If the gates are down and no train is coming...**THE ROAD IS CLOSED!**

DB45

**Answer: FALSE**

While many of us recognize a crossing with gates and bells, **there are many railroad crossings that don't have these warning devices**.

- ✓ Just over one half of all public crossings in the U.S. are **active** (with gates, bells, and/or flashing lights).
- ✓ Just under half are **passive** (with signs and markings, but no active warning devices).
- ✓ **Always expect a train on any track at any time.**

DB44



- ✓ **DO** cross at marked crosswalks and unmarked crosswalks (intersections with sidewalks)
- ✓ **DO** yield the right-of-way if you're outside of a crosswalk
- ✓ **DO** stay on the right-hand side of a crosswalk
- ✓ **DO** use the sidewalk
- ✓ **DO** be alert when crossing any roadway
- ✓ **DON'T** enter a crosswalk into the path of a moving vehicle that is so close the vehicle is unable to yield
- ✓ **DON'T** cross at an intersection diagonally unless so authorized by a traffic control device

DB47



If your vehicle stalls on train tracks:

- ✓ **GET OUT** immediately.
- ✓ **MOVE AWAY**. Walk toward an oncoming train, and away from the tracks at a 45-degree angle—debris from a collision spreads in the direction the train is moving.
- ✓ **CALL FOR HELP!** Call the railroad's emergency phone number, the local police, or 911. Tell them a vehicle is on the tracks. Provide the location, crossing number (if posted), and the name of the road or highway.

DB46