

SafeDriver Monthly Newsletter

December 2023



Buckle Up!



According to the National Highway Traffic Safety Administration, seat belts reduce accident-related injuries and deaths by almost half. Buckling up your seatbelt before you turn on your vehicle is the most effective way to reduce the risk of a fatality in a crash.

Before 1959, only two-point lap belts were available in automobiles, and the only people who regularly bucked up were race car drivers. Known to cause serious injury in a crash, Volvo Car Corporation hired a man named Nils Bohlin to design a new seatbelt. His new design secured both the upper and lower portion of the body, effectively holding you in place in the event of an accident.

Always remember:

- Seatbelts save lives. Safety is the number one reason why seatbelts were invented.
- Seatbelts keep you inside the vehicle in the event of an accident.
- Seatbelts keep the hips and shoulders in place, helping to avoid further injury.
- Putting on your seatbelt is the first thing to do when you get inside your car.

Never be in too big of a hurry to keep yourself, and the people inside of your car, safe. Ask your friends and family if they have put on their seatbelt before putting your car into drive. This simple habit can help keep you and your loved ones protected while on the roadways. Buckle up, it truly is the best luck!

Navigating Your Way Through Holiday Traffic

The holidays are a busy time of year. The hustle and bustle of preparations, shopping for gifts, and gathering together with loved ones just adds a certain level of excitement to the air. Meals are spent around the table, board games are brought out, and hot cocoa is on the stove. Whether you travel far for the holidays, or travel thirty minutes across town, you most likely will find yourself on the roadways at some point this holiday season. All of these fun traditions that bring people together, also add to the amount of people out on the roadways.

There are many ways to help keep yourself safe while driving during the holidays. Check the weather before you leave. Will it be cold? Rainy? Windy? All of these factors can affect the roadways and preparing yourself ahead of time can help prevent an accident. Make sure to drive at a speed that is safe for road and weather conditions.

Avoid Distractions. Keep your cell phone put away until you reach your destination. You will need to be alert and focused to navigate through dense holiday traffic. Sending or reading a Snapchat can take your eyes off the road for at least five seconds. At 55 MPH, that is like driving the length of an entire football field.

Drive intelligently. Be mindful of pedestrians walking in and out of stores, and drive slowly through busy shopping centers. If driving on busy highways, leave enough room between you and the car in front of you.

Keep calm. One way to deal with holiday traffic is to mentally prepare yourself for extra folks on the roads. Leave with plenty of time so you don't find yourself growing frustrated with the extra traffic. If you're not in a hurry then fewer mistakes will be made.



Always remember, the most important thing is arriving safely to your destination. Practice these simple steps to help ensure you have an enjoyable and safe holiday season.

Effects of Alcohol

Alcohol isn't just illegal for teenagers to consume; it can also be deadly if they drink and drive. Alcohol impairs most of the skills we need to safely drive, as well as having serious effects on the brain. Skills like reaction time, vision, and judgment. These effects are further emphasized when it comes to developing teenage brains. If reaction times are slowed down, it poses a greater risk for an accident to occur.

About 1 in 4 teen car crashes involves an underage drinker. Avoid getting into a vehicle with someone who has been drinking and driving, or smoking. Help build an exit plan if need be. Call an Uber, your relatives, or a sober friend to come pick you up.

Impaired driving is entirely preventable. Know the facts, and be aware of the dangers of driving impaired.



If you are driving and you spot an impaired driver, take an alternative route as soon as possible, choosing to exit or pull off the highway until you feel safe to get back on the road. If you are unable to exit or pull over try and stay as far away from the vehicle as you can. Once you arrive safely at your destination, alert the authorities of what you witnessed.

