

5 DRIVING RISKS

● WHY IT'S RISKY

- Remember it's difficult to judge other vehicle's speeds and distances at night.
- 58% of fatal teen car crashes occur between 6pm and 6am (Insurance Institute for Highway Safety).
- Being awake for 18 hours is similar to having a BAC of .05 (National Sleep Foundation).



- High speed reduces reaction time needed to avoid collisions.
- Seat belts and air bags cannot keep you from severe injury levels in high-speed crashes (Insurance Institute for Highway Safety).



- You are three times more likely to get into a car crash when engaging with your phone while driving (Virginia Tech Transportation Institute).
- Over two out of four teens that died as passengers were in vehicles driven by other teens (Insurance Institute for Highway Safety).



- Two out of every five teenagers involved in fatal car crashes were not buckled up (Insurance Institute for Highway Safety).
- Seat belts must be worn correctly to protect you.

- Drivers between 16-20 years old are 17 times more likely to die in a crash with a BAC of .08% compared to when they have not been drinking.
- The fees involved with DUIs are expensive and stay on your record.



● SOLUTIONS

- Drive slower and increase following distances.
- Manage time to give your body the full 8-10 hours of sleep it needs.
- If you find yourself too drowsy to keep driving, it's never too late to pull over to safety.



- Consider road conditions and weather, and drive to those conditions.

- Keep a safe distance behind the car in front of you. You need to be able to completely stop in your following distance.

- Set up your music before driving and put your phone well out of reach to avoid temptation.
- Keep passengers to a minimum, and ask them to obey your safety rules while they are in the car.
- Be a great passenger by not distracting the driver and making sure other passengers don't, as well.

- Make it a habit to buckle up and remind your passengers as well.
- To correctly wear your seat belt, place shoulder belt across the center of your chest and adjust the lap belt over your hips to ensure the best protection (Oklahoma State University).

- Laws prohibit any traceable amount of alcohol in an underage driver's system – just don't do it.
- If your driver is drinking or doing drugs, call a friend or parent for a ride.

