

# SAFETY TIPS: RISKY DRIVING PREVENTION



By eliminating risky behaviors behind the wheel, you can help reduce your chances of being involved in a car crash. Take proper precautions when you're behind the wheel to ensure your safe arrival at your destination.



**Follow posted speed limits.** Excessive speed can lead to a decrease in reaction time, loss of vehicle control, reduced effectiveness of your vehicle's safety features and increased crash severity.



**Never drive under the influence of alcohol or drugs.** Drugs and alcohol are substances that reduce brain function, can impair decision making and severely impact reaction time when behind the wheel. Each of these are critical to safe operation of a motor vehicle.



**Eliminate distractions behind the wheel.** Any activity that averts your attention from the task of driving safely is a distraction. Common behind-the-wheel distractions include texting, making phone calls, adjusting GPS systems, eating, and drinking or changing the station on your radio.



**If you're drowsy, pull over and rest.** Driving while overly fatigued can impair your ability to focus on the road, slow your reaction time and affect your overall decision-making skills.

The National Highway Traffic Safety Administration estimates that 38,680 people died from motor vehicle traffic crashes in 2020. That is the highest number of projected fatalities since 2007.

Source: <https://www.nhtsa.gov/risky-driving>