

# WEEKLY SAFETY REMINDERS

## JANUARY - MARCH 2010



### January 3

Each new year people are filled with hope and excitement, as many evaluate their lives and seek to make this year better than the last. One great idea for a resolution is to become a safer driver. An average of 102 people died each day in motor vehicle crashes – one every 14 minutes. Start this year off right by deciding to be careful when behind the wheel. For more information, visit [www.nhtsa.dot.gov](http://www.nhtsa.dot.gov).

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### January 10

Sadly, every year the lives of thousands of teens are cut short in crashes. Motor vehicle crashes are the **leading** cause of death for 15 to 20 year-olds. Teach the teens in your life to drive safely by avoiding distractions (like loud music and cell phones) and **always** wearing a seat belt. For more information, visit [www.nhtsa.dot.gov](http://www.nhtsa.dot.gov) and select Teen Drivers.

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### January 17

Martin Luther King, Jr. Day is tomorrow. As you remember his message of peace and harmony, extend that idea into one of your daily activities – driving. Be a patient driver, obeying the law and respecting all those who share the road with you. For more information, visit [www.nhtsa.dot.gov](http://www.nhtsa.dot.gov) and click on “Traffic Safety.”

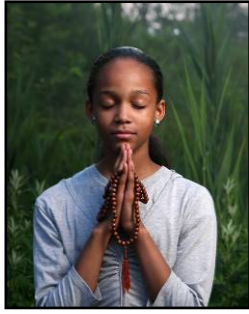
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### January 24

Winter weather conditions can make driving difficult, whether in the form of rain, snow, or cold temperatures. Be prepared. Store an emergency kit in your vehicle and keep up with routine maintenance like checking tire pressure. For more information about tire maintenance and additional safety information, visit [www.safercar.gov](http://www.safercar.gov).



## January 31



Black History Month begins tomorrow. As you celebrate the past, remember that children are the future. Annually over 1,000 children are killed as occupants of passenger vehicles. In 2006, 52 percent of African-American children were unrestrained at the time of the crash, the highest percentage among any race or ethnicity. Buckle your children every time you are in a vehicle. For more information, visit [www.nhtsa.dot.gov](http://www.nhtsa.dot.gov). Click on “Traffic Safety” and choose “Child Passenger Safety.”

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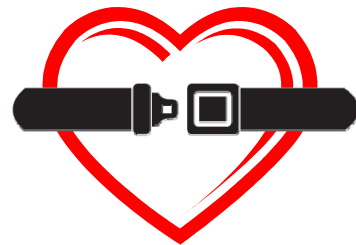
## February 7

Are you ready to cheer for your favorite team during the Super Bowl? Unfortunately, today can be very dangerous on the road because of impaired drivers. In 2008, there were 11,773 alcohol impaired driving fatalities. In some years as many as half the fatal crashes over Super Bowl weekend are alcohol-related. Help reduce the number of accidents in your community by volunteering to be a designated driver. For more information, visit [www.StopImpairedDriving.org](http://www.StopImpairedDriving.org).

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## February 14

This Valentine’s Day, think of a seat belt as an embrace – a way to show your loved ones you care. Seat belts saved an estimated 13,250 lives in 2008, yet in a given year, 62 percent of African-American passenger vehicle occupants killed were unrestrained at the time of the crash. For more information, visit [www.nhtsa.dot.gov](http://www.nhtsa.dot.gov). Click on “Traffic Safety” and choose “Occupant Protection.”



## February 21

In 2008, 2,739 15 to 20 year old drivers were killed and 228,000 were injured in motor vehicle crashes. African American teens are especially at risk, nearly twice as likely as other teenagers to die in a motor vehicle crash. Seat belts increase their chances of getting home safely, so remind them to buckle up for every trip! For more information, visit [www.nhtsa.dot.gov](http://www.nhtsa.dot.gov). Click on “Traffic Safety” and choose “Teen Drivers.”

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## February 28

In 2008, 41 percent of fatally injured motorcycle riders were not wearing helmets at the time of their crash. Fortunately, helmets saved the lives of 1,829 motorcyclists that same year. As a rider or a passenger, helmets are your best defense in a motorcycle crash. If you don't ride, take extra time to look out for those that do! For information, visit [www.nhtsa.dot.gov](http://www.nhtsa.dot.gov). Click on "Traffic Safety" and choose "Motorcycles."

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## March 7

On any given day in 2008, more than 800,000 vehicles were driven by someone using a hand-held cell phone. Whether you're talking or texting, driving while distracted is very unsafe. Keep your eyes on the road; your social life is not as important as your actual life! For information, visit [www.nhtsa.dot.gov](http://www.nhtsa.dot.gov). Click on "Traffic Safety" and choose "Drowsy and Distracted Driving."

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## March 14

St. Patrick's Day is this Wednesday. Getting home safely takes more than good luck! In 2006, almost one third of African-American traffic fatalities were from alcohol-impaired-driving crashes. Remind your loved ones about the dangers of drinking and driving – the dangers to their lives and their effect on others. For more information, visit [www.stopimpaireddriving.org](http://www.stopimpaireddriving.org).

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## March 21

Spring is here! With the nice, warmer weather, more children and pedestrians will be on the road. In 2008, 69,000 pedestrians were injured and 4,378 were killed in traffic crashes in the United States. Take extra time to look for pedestrians and bicycles, especially at intersections. For more information, visit [www.nhtsa.dot.gov](http://www.nhtsa.dot.gov). Click on "Traffic Safety" and choose "Pedestrians" or "Bicycles."



## March 28

Today is Palm Sunday. Reflect on how your choices influence your friends and loved ones. Your good decisions can make a great difference. In 2008, 13,250 lives were saved by seat belts, 1,829 lives were saved by motorcycle helmets, and 244 lives (4 and under) were saved by child safety seats. These choices saved thousands of people – maybe even one of your loved ones. For more information, visit [www.nhtsa.dot.gov](http://www.nhtsa.dot.gov) and click on "Traffic Safety."