



WEEKLY **SAFETY** REMINDERS

JANUARY - MARCH 2009



January 4

As the holidays come to an end and your children head back to school, put into practice simple steps to protect them on the road – buckle safety belts, use proper child safety seats, and keep them supervised in and around all vehicles. For more information, visit www.safetyfeature.org/.

January 11

Winter weather can create very stressful driving conditions. Make it easier on yourself by slowing down and increasing your following distance. You'll not only decrease the risk of an accident, but you'll also give yourself more time to react. For tips on winter driving, visit www.nationalroadsafety.org/quicksafety/intotheelements.html.



January 18

Tomorrow we celebrate Martin Luther King Jr. Day, and on Tuesday we welcome the inauguration of a new president. These events are great opportunities to set an example of leadership for your family and friends by being a safe, responsible driver. For more information, visit www.nhtsa.dot.gov.

January 25

One in four crashes involves driver distraction. Drive defensively and focus on the task at hand. For more information, visit www.nhtsa.dot.gov/. Click on "Traffic Safety" and choose "Drowsy and Distracted Driving."



February 1

Super bowl Sunday is a great time for fun and fellowship with friends, but it can be a very dangerous time on the roads when impaired drivers get behind the wheel. Look out for others by being a designated driver. Fans don't let fans drive drunk! For more information, visit www.stopimpaireddriving.org.



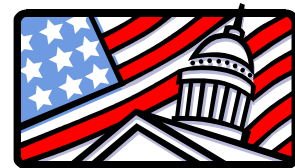
February 8



Traffic crashes are the leading cause of death for America's teenagers. This Valentine's Day, express your love by teaching them important driving safety tips, like wearing seat belts, driving the speed limit, and getting rid of distractions. For more information, visit www.nhtsa.dot.gov and select Teen Drivers.

February 15

As we honor our past leaders over President's Day weekend, be cautious of the increased holiday traffic, buckle up, and do your best to make sure your own vehicle is reliable. For more information about tire maintenance, air bags, and safety recalls, visit www.safercar.gov.



February 22

Walking is great exercise, but is also a regular mode of travel for many people. Help keep pedestrians safe by being attentive, especially in crosswalks and crowded areas. For more information, visit www.walkinginfo.org.

March 1

Safe travel is a big concern for parents, and it is crucial to learn how to choose and properly install a car seat for an infant, toddler, or 4-8 year old child. For more information, visit www.nhtsa.dot.gov. Click on "Traffic Safety" and choose "Child Passenger Safety."



March 8

Today is the beginning of daylight savings time, and the official start of spring is just around the corner. With the warmer weather, be mindful of the increase in motorcycles during your daily commute; and if you are a rider, don't forget your helmet! For more information, visit www.nhtsa.dot.gov. Click on "Traffic Safety" and choose "Motorcycles."



March 15

No matter what you encounter on the road, seat belts increase your chances of getting home safely. On St. Patrick's Day or any other day, don't rely on luck for you and your family's safety – buckle up, day or night. For more information, visit www.nhtsa.dot.gov/. Click on "Traffic Safety" and choose "Occupant Protection."

March 22

Spring has officially begun! Bicycles are a fun way to enjoy the outdoors, as long as you ride smart and always wear a helmet. For more information, visit www.nhtsa.dot.gov. Click on "Traffic Safety" and choose "Bicycles."



March 29

Prom is an exciting time for teens, but it can also be a scary time for parents who worry about the dangers of underage drinking and alcohol/drug impaired driving. Discuss these important issues with your teenagers and teach them how to make smart decisions. For more information, visit www.stopimpaireddriving.org/youth-programs.htm.