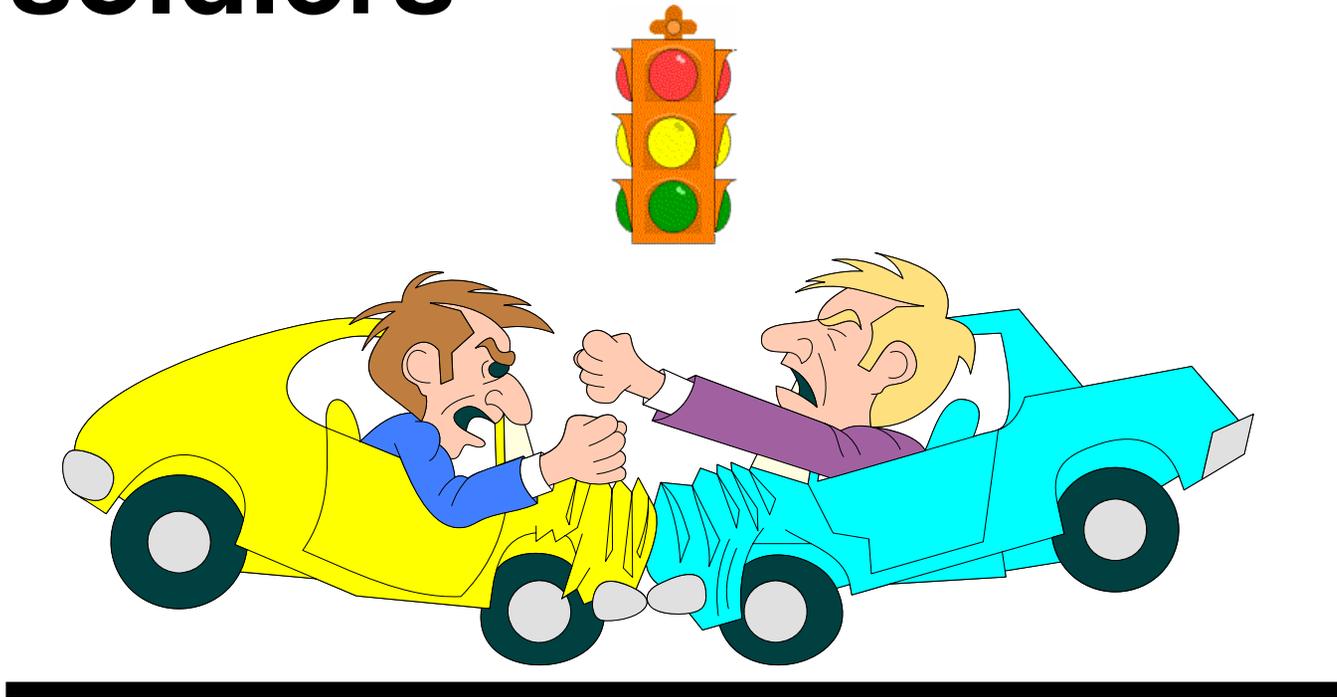


Vehicle accidents are #1 killer of soldiers



WHERE/WHY ACCIDENTS OCCUR

- Most accidents occur within 25 miles of where we live and work.
- We become very familiar with the roads, streets and byways that we travel everyday, we become complacent.
- Our mind has a tendency to wander to daily problems and not on the task of driving.
- The result - we do not see or are not aware of the dangers that suddenly appear.

WHERE/WHY ACCIDENTS OCCUR

- We attend parties, do our drinking and socializing within the 25 mile radius.
- While on trips always drive defensively. We may not be in our 25 mile radius, but we are in someone else's.

POV SAFETY

Factors that influence our risk:

- **Age**
- **Seatbelts**
- **Alcohol**
- **Fatigue**
- **Location**
- **Speed**
- **Weather**

AGE

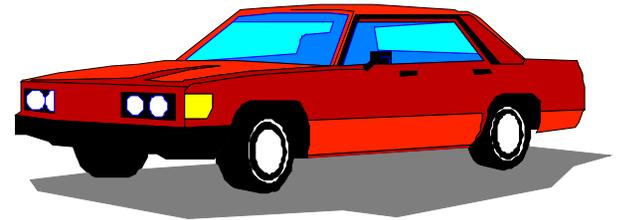


Soldiers who are 18-24 are at the highest risk. Risk of involvement in a fatal crash for soldiers who are 18-24 is nearly 4x greater than any other age group.



Alcohol related crashes are the # 1 cause of deaths among Americans between 18 & 30

Seatbelts



Seatbelts prevent deaths in 42% of all potentially fatal crashes. Add an air bag to the buckled seatbelt and you increase your odds of surviving the crash to 47%

Buckle Up!

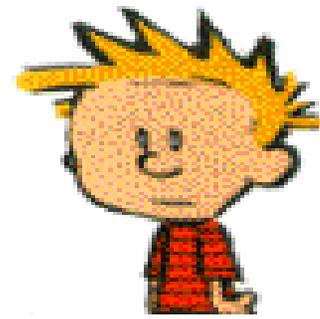
- Some people are thrown clear in a crash and walk away without a scratch.
- I'm a careful driver-never had an accident. Good drivers don't need them.
- Seatbelts are too much trouble, fastening-unfastening-fastening again.
- I only use them on high-speed roads. It's a nuisance around town.
- I don't need to wear a seat belt just to drive to the grocery store.
- What if my car caught fire or went off the road into water.

Alcohol



The intoxicated driver is **15x** more likely to be involved in a crash and to be fatally injured than a sober driver. About **48%** of all traffic fatalities involve an intoxicated or alcohol impaired person.

MYTHS



- “I don’t have far to go”
- “I don’t feel any effects”
- “I’m more alert after a few drinks”
- “Coffee will sober me up”
- “I just need some fresh air”
- “I’ll drive slowly and carefully”
- “I’ve only been drinking beer”



Say "No" to alcohol
when you know you will need to drive



If at a home party, ask to spend the night



Take a taxi instead



Don't give in to peer pressure

The Drunk Driver is not the only one at risk....We all are.

How to Spot a Drunk Driver

A driver under the influence of alcohol may:

- Drive with the window rolled down in the cold
- Weave, hit curbs or other objects near the road
- Pass dangerously close to other cars
- Forget to use headlights
- Make wide turns
- Tailgate



Tips for Hosts and Hostesses

- Don't make drinking the main focus
- Provide food when alcohol is served
- Don't push drinks
- Know that drunkenness is neither healthy, safe or amusing
- Assume responsibility for your guests
- Insure designated drivers don't drink



If you have been drinking, call a friend, supervisor, 1st Sergeant or
Commander for a ride home



Use a designated driver, or one will be appointed to you

Fatigue



Drivers between the ages of **18-24** are at special risk with over **56%** of fatal crashes involving fatigue or falling asleep at the wheel.

Fatigue: Stay Awake To Stay Alive

- Large percentage of accidents involve running off the road at night.
- Nodding off for 2-3 seconds.
 - Melatonin
 - Boredom
 - Alcohol

Fatigue: Precautions

- Start out fresh
- Avoid alcohol - it worsens fatigue
- Avoid over-the-counter/prescription drugs that may cause drowsiness or impair actions
- Take rest breaks every two hours
- Don't drive past normal bedtime.
- On long trips, have help with driving.

When Fatigue Sets In

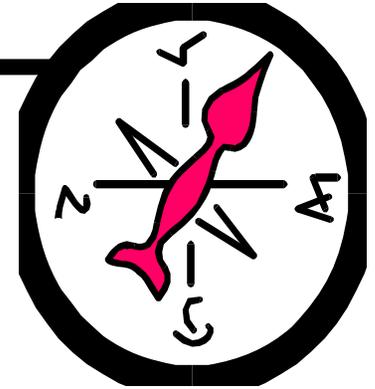


- **STOP**

No amount of caffeine, fresh air, loud noise will take the place of rest.



Location



Statistics show that travel on interstates is safer than two lane roads. However, the fatality rate for travel on roads where high speed is possible increases the fatality rate by 30%.

Speed



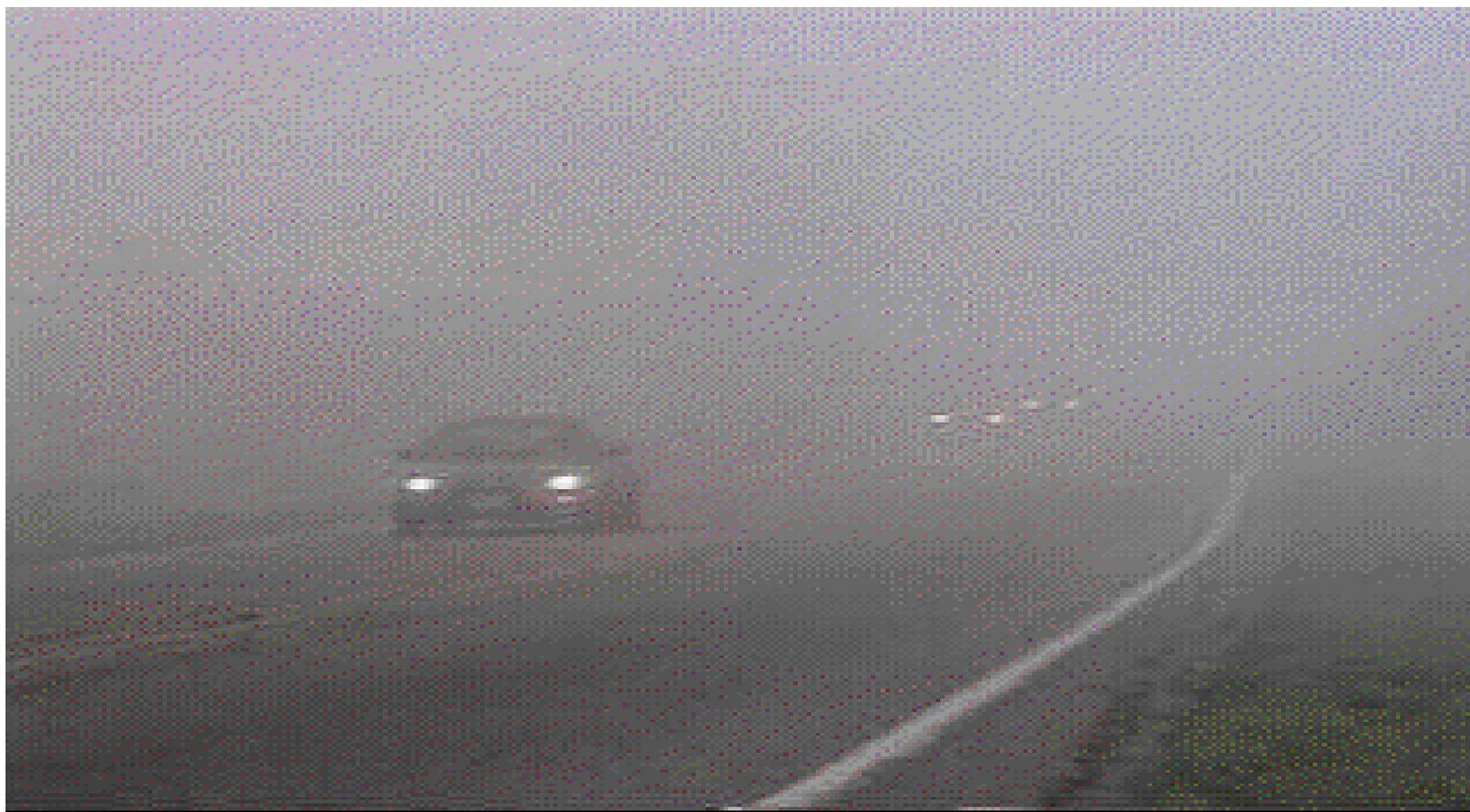
The faster a car is going, the more distance and time it takes the driver to stop. Speeding also reduces the amount of time a driver has to react, and reduces the ability to safely negotiate the road. Speed Kills!



SPEED KILLS even at posted speed limit

WEATHER

REDUCE SPEED WHEN REQUIRED



Weather Conditions

- Sun
 - Early morning
 - Setting
 - Glare
- Rain/Snow
 - Film
 - Traction
- Wind
- Fog



Weather related road conditions:

- Before you leave home check the weather forecast for road conditions.
- Clean headlights and clear all windows of fog.
- Buckle up at all times. Properly secure small children in child restraints.
- In reduced visibility slow your vehicle speed to ensure proper reaction time for possible roadway hazards.

- Remember the posted speed is not always the safest. Reduce speed when required.
- Use your headlights, low beam, during periods of fog or overcast conditions.
- Always increase the distance between you and the vehicle ahead to allow for safe stopping distance.
- Check your defroster and windshield wipers to ensure they operate properly.



Stay alert for pedestrians and troop formations.



Road Condition

- New/old
- Slick
- Pot holes
- Construction
- Broken surface
- Heavy Traffic

POV SAFETY



Unsafe Acts

1. Don't drink and drive
2. Use a designated driver
3. Wear seatbelts
4. Obey the speed limit
5. Don't drive when you're tired
6. Take rest breaks

Arrive Alive

POV SAFETY



7. **Adjust speed for conditions**
8. **Don't follow too close**
9. **Maintain your vehicle**
10. **Drive defensively**
11. **Avoid use cellular phone while driving.**

Arrive Alive



Be careful