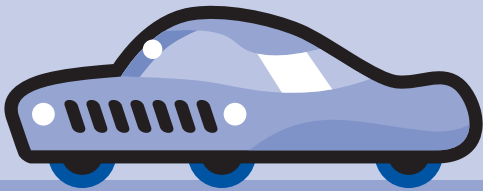
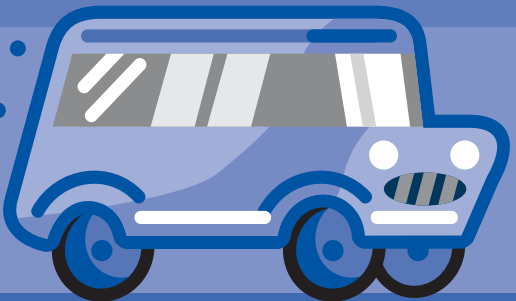


Surviving



Driving



By Citizens for Traffic Safety



That you shouldn't call the police if the wreck has not injured someone and the vehicles can be moved? Even if you do need to call the police, you must use every possible means to move the vehicles out of traffic.

ABOUT THIS BOOK

The privilege of driving makes life more convenient and allows for a great deal of freedom – oh, yeah – and it's fun. But for those new to the road, learning the process of driving can be intimidating. So, in an effort to help you stay calm, cool and safe on the road, The Injury Prevention Center of Greater Dallas and the Citizens for Traffic Safety have created this quick reference brochure filled with useful driving facts and tips.

Dallas-based Herb's Paint and Body has underwritten the printing and distribution of this brochure.

Of course our attorneys want us to tell you that these are our best opinions, but are not 100% guaranteed in all situations and at all times.

FOUR RULES FOR THE ROAD

RULE #1 Wear your seatbelt – and make sure everyone else does as well. Seat belts reduce the risk of death in car wrecks by 80%! Even if other passengers do not care about saving their own lives, you want them buckled up so their bodies do not slam into you in the event of a wreck. Wearing your seatbelt is always in style – and it's the law. Enough said.

RULE #2 Stop at red lights, stop signs, and “stale” yellow lights (yellow lights that were yellow before you entered the intersection).

RULE #3 Do not drive distracted. Put down the phone, the cigarette and the french fries... it can all wait until you get there!

RULE #4 Follow the “3-Second” Rule. Leave three to five seconds of space between you and other cars. Yes, someone will likely pull in front of you if you do this, but so what? Driving is not a race, and you will only get where you are going about two seconds later. Now, isn't that better than rear ending a \$60,000 SUV?

LOCO MOTION

Do not ever drink and drive! People sometimes feel more beautiful, accomplished, or sexy after having a few drinks. People who drink also think they can handle this heavy piece of machinery called a car. It's not worth the risk, arrest record, legal hassles, expensive fines, higher insurance, suspended license and embarrassment. If you do decide to drink, call a friend, your parents, a cab, or hop on a train or bus in order to arrive home alive.

If you see a drunk driver:

- ☛ Stay behind the drunk driver.
- ☛ Turn on your flashers
- ☛ Call 911.

ROADRUNNER RISKS

Always drive the speed limit. People have done a lot of research to find out what speed is safe on which road. Follow it.

A wise mantra... “If I left late, I am going to get there late.” Traffic lights are synchronized. You won't get a green light at every intersection, but most lights along major arterial streets are coordinated with each other. You'll catch more green lights if you drive at the prevailing speed of the traffic around you.

Also know that most red light runners are speeding. Always look both ways before going through a light or stop sign. Pause when the light changes to be sure no one is flying through the intersection on your green.

ROAD RAGE

Prevent yourself from becoming road-raged by staying off the road when angry or stressed. If you come into contact with a road-raged person while driving, avoid eye contact, give him or her plenty of room and refrain from any gestures that might provoke a fight. Some drivers do carry guns, and the car itself can be a lethal weapon.

Some circumstances that may elicit road rage include:

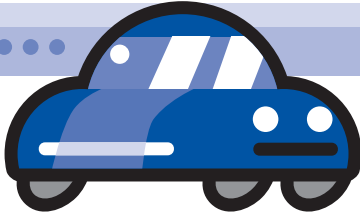
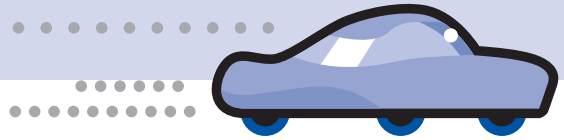
- ☛ Driving too slowly in the left lane (the “fast lane”).
- ☛ Tailgating. (Remember the “3-Second” Rule! Tailgating is also one of the leading causes of accidents.)
- ☛ Inappropriate gestures to other drivers.
- ☛ Cutting off other drivers when merging or changing lanes.
- ☛ Honking your horn.



DID YOU KNOW...

That traffic signal lights are synchronized?

That the Courtesy Patrol phone number is on the back of your driver's license?



TROUBLE IN THE FAST LANE

If you experience car problems on the highway:

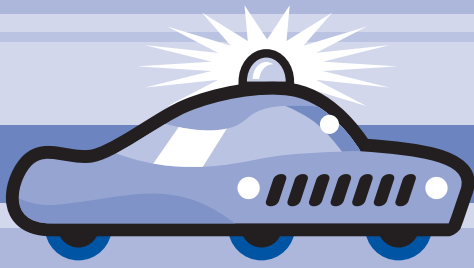
- 🚗 At the first sign of trouble, turn on emergency flashers and begin to pull over to nearest shoulder... or exit the freeway if possible. Make every effort to get off the freeway. If you can only get as far as the shoulder, pull as far over on the shoulder as possible.
- 🚗 If at all possible, NEVER stop in the driving lanes.
- 🚗 If you need help, call 911 or the freeway courtesy patrol at 1-800-525-5555 – (this number is on the back of your driver's license).
- 🚗 Get out of your car on the side facing away from the driving lanes. Leave your flashers on, raise your hood and tie a white cloth on the antenna or freeway side door.
- 🚗 Get back in your car with your seatbelt on and the doors locked. If someone offers assistance, have him or her call 911 first.
- 🚗 NEVER try to walk across freeway lanes.
- 🚗 NEVER try to change a tire on the freeway or the shoulders of the freeway.

If you get a flat tire on the freeway:

- 🚗 Keep driving until you can get off the freeway...even if it ruins your rim. The expense of a new rim is much less than the expense of your life!
- 🚗 Turn on your emergency flashers.
- 🚗 NEVER try to walk across freeway lanes.
- 🚗 NEVER try to change a tire on the freeway or shoulders of the freeway.

If you are about to miss an exit, your first instinct may be to panic and whip across to the exit ramp. Don't do it! This idea is wrought with peril:

- 🚗 You may hit or be hit by other vehicles as you illegally change one or more lanes without looking or signaling.
- 🚗 You could lose control of your car making this sudden maneuver or cause others to do the same.
- 🚗 If you have already passed the marked exit lane, but think there is still room to exit, think again - often there is a raised curb that will be hard to see since you are also dodging cars at this point. Hitting a curb at high speeds almost guarantees extensive car damage, and worse!
- 🚗 Obviously, the safe choice is to proceed to the next exit and then backtrack to the correct exit. This will only add a couple of minutes to your journey. Resist that first urge to swerve over to make your exit - it's not worth the risk.



MOTOR-FREE ROAD TRAVELERS

If there is a bicyclist on the road:

- 🚗 A bicycle is a vehicle and you should treat it like any other vehicle.
- 🚗 Do not follow a bicyclist closely, in case he or she wobbles or falls.
- 🚗 Do not try to share a lane with the bike. Wait behind the bike or get in another lane.
- 🚗 Watch for and yield to bikes before turning, especially near or around bike trails.
- 🚗 If you are a bicyclist, be sure to ride with the traffic in the street, use lights and reflective gear, and follow all traffic laws. Make yourself visible to other drivers on the road. At a stop sign or stop light, try to keep yourself in front or behind a car, not beside it. If you do get hit, a helmet will reduce the trauma to your head.

If there is a pedestrian:

- 🚗 Pedestrians have the right of way at crosswalks, and drivers must yield to them.
- 🚗 When turning right on red, look for and yield to pedestrians.
- 🚗 If you see someone walking on the freeway, call 911 to report the incident.
- 🚗 If you are a pedestrian, always use crosswalks. Crossing the road at any other area (“jay walking”) is dangerous, illegal, and could get you a pricey ticket.

LAW 101

If you approach an emergency vehicle that has stopped to help someone, you must vacate the lane closest to the emergency vehicle or slow to 20 miles per hour less than the posted speed limit.

When emergency lights are approaching:

- 🚗 Immediately pull to the right side of the roadway.
- 🚗 Stop and remain stationary until the emergency vehicle passes.

Clearing the road assists emergency vehicles in helping someone in distress... and it is the law.

If an officer pulls you over:

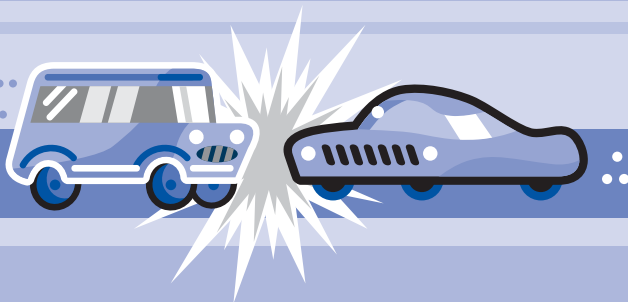
- 🚗 Slowly pull over to a safe place out of traffic, or, if there is no shoulder, exit the expressway.
- 🚗 Roll down the driver and passenger window.
- 🚗 Turn on the interior light if it is dark outside.
- 🚗 Turn off the vehicle and the radio.
- 🚗 Put your hands on the steering wheel.
- 🚗 Do not reach for anything until instructed by the officer.
- 🚗 Be cooperative and polite. Remember, police officers are working to keep you safe!
- 🚗 NEVER jump out of the vehicle to greet the officer, even if you are being friendly.

DID YOU KNOW...



That the Courtesy Patrol is on area freeways to assist you with car trouble? Stay in your car and let them help you.

That you must have your car towed off the freeway as quickly as possible?



CRASH COURSE

The bad news? Up to 25% of teens have some sort of collision or car accident within their first year of driving independently. The good news? Of the estimated 25% of teens who are involved in an accident, a good majority are classified as minor collisions. What's important is to be prepared and know what to do in the event of a wreck. Outlined below are some collision scenarios that could occur and what to do in each situation:

If you witness a collision...

- ☛ Pull off the roadway, secure your car, and make sure your emergency flashers are activated.
- ☛ Check to see if anyone is injured.
- ☛ If there are injuries and/or the vehicles cannot be moved, call 911.
- ☛ If there's a fire, get the victims out of the car. If no fire is present, leave the victims in the vehicle until medical help arrives.
- ☛ Render aid as soon as possible and reassure that help is on the way.
- ☛ Remain onsite until an officer arrives.

DID YOU KNOW...

That driving and talking on the phone is as dangerous as drinking and driving?

If you are in a collision with injuries...

- ☛ If there are injuries and/or the vehicles are not drivable, call 911.
- ☛ Turn off all engines and turn on emergency flashers.
- ☛ If there is a fire, get people out of the vehicle. Otherwise, leave them in the vehicle until medical help arrives.
- ☛ Render aid and reassure that help is on its way.

If you are in a collision and there are no injuries...

- ☛ If possible, move the vehicles out of the roadway immediately – it's the law.
- ☛ In the situations where vehicles cannot be moved, call 911.
- ☛ Exchange information in accordance with your insurance company's policy.

If you are the victim of a hit and run...

- ☛ Move your car out of the way of traffic.
- ☛ If possible, get the license number or at least the description of the car.
- ☛ Call 911 with the information and the location of the wreck, as well as the direction that the offending vehicle drove.
- ☛ DO NOT ever chase after the car. While high-speed chases may look exciting in the movies, you have no idea whether the driver of the hit and run vehicle is armed or dangerous.

That if you see traffic lights not working, signs down, other similar issues, call 911 to report it to the City?

ROAD RESOURCES

Visit the following links to learn more about driving and driving-related issues:

www.aaafoundation.org

www.madd.org

www.sleepfoundation.org

www.hwysafety.org

www.safecar.gov

LISTEN TO YOUR MOTHER

Pay attention to Mother Nature. Avoid driving during extreme weather circumstances, such as high winds, torrential rains and heavy snow. Below outlines a couple of extreme weather scenarios and tips on how to handle them.

If there is a flood:

- ☛ If you cannot see the pavement, do not drive on the road and into water, even if you're familiar with the road. (Most flooded road deaths are on roads the driver knew very well)
- ☛ If you get into water and the car is floating, it is usually best to get out through the window. If possible, stay on top of the car until help arrives.

If there is a tornado:

- ☛ Get out of the car. Tornadoes are powerful enough to lift cars – even trucks and large SUVs!
- ☛ Get inside a building - preferably one with a basement.
- ☛ Or if you are caught outside, get in a ditch and cover your head.
- ☛ Do not hide underneath an overpass, where wind speeds tend to be greater due to the wind-tunnel effect.



DID YOU KNOW...

That a child up to age 5 must be in a child safety seat and after age 5 in a seat belt?

That airbags come out as fast as 150 miles per hour? Children and small adults should not sit in front of them.

That you could get a ticket for \$135 for not wearing your seatbelt?



THIS BOOKLET BROUGHT TO YOU BY

INJURY PREVENTION CENTER OF GREATER DALLAS

The Injury Prevention Center of Greater Dallas was created by five major hospital systems to reduce the number of people that are injured and killed in Dallas County. The IPC collects data on injuries and then creates community coalitions, direct services, or neighborhood initiatives to address the injury issue. Primary areas of work for the Center are the prevention of traffic wrecks, violence, falls and house fire injuries.

The IPC has won national and international awards for their innovative work.

For more information about the Injury Prevention Center of Greater Dallas, visit www.ipcdallas.pmh.org.



DID YOU KNOW...

That cameras at toll booths record your license tag number and generate a ticket if you did not pay?

That public transit is great for safety, the environment, and catching up on reading?

CITIZENS FOR TRAFFIC SAFETY

Citizens for Traffic Safety is a coalition sponsored by the Injury Prevention Center of Greater Dallas. It was formed in Dallas in 1999 to create a driver-friendly environment by reducing injuries, deaths and property damage from vehicle wrecks.

The 30 members of the coalition represent the fields of law enforcement, engineering, medicine and education. The coalition considers data that indicate where, when, how and by whom the wrecks are occurring. Using the combined expertise of these disciplines, the coalition develops projects and programs to reduce the number of wrecks.

For more information about Citizens for Traffic Safety, visit www.ipcdallas.pmh.org.

HERB'S PAINT AND BODY

Herb's Paint and Body is a family of auto repair businesses founded in 1956. Herb Walne started his business with a Humble Gas Station located at the corner of Northwest Highway and Easton Road in Lake Highlands, a northeast Dallas neighborhood. From day one, superior customer service has separated Herb's from its competitors. Keeping drivers safe on the road is part of Herb's commitment to delivering services that go above and beyond the auto body shop.

For more information about Herb's Paint and Body, visit www.herbspaintandbody.com.

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Injury Prevention Center
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Visit us at any of our 5 convenient locations

- ① NE DALLAS/GARLAND (LBJ at Garland Rd.) 214.328.4381
- ② DALLAS (Stemmons at Royal Ln.) 972.243.5041
- ③ RICHARDSON (Central at Arapaho) 972.783.7376
- ④ PLANO (Coit N. of Plano Pkwy.) 972.758.0080
- ⑤ FRISCO (NE of Tollway & Main St.) 214.387.4372

www.herbspaintandbody.com