

Safety Tip #11

Roadway Safety

We Rise and Shine

Comments

and

Lessons Learned

ROAD SAFETY TIPS

- DO NOT TEXT OR CALL WHILE DRIVING AND CROSSING THE STREET
- DO NOT DRINK ALCOHOL IF YOU WILL DRIVE LATER
- DO NOT DRIVE IF YOU ARE SLEEPY
- ALWAYS WEAR YOUR SEATBELT
- USE HELMET WHEN DRIVING OR RIDING MOTORCYCLES AND BICYCLES
- MAINTAIN YOUR VEHICLE IN OPTIMUM PERFORMANCE
- ALWAYS COMPLY WITH TRAFFIC RULES AND REGULATIONS INCLUDING SPEED LIMITS
- GIVE COURTESY TO OTHER CARS AND PEDESTRIANS; AVOID JAYWALKING
- IF YOU ARE ON MEDICATION, BEFORE DRIVING ASK YOUR DOCTOR IF YOUR MEDICINE INDUCES SLEEP

Do not try to cross a multi-lane highway on foot. The speed of traffic is easily underestimated as well as the time it will take to run across resulting in potentially being hit. Especially at night, a driver may not expect a pedestrian crossing or maybe distracted causing a delay in swerving or applying the brakes hitting the individual.

- The tips listed on the right are all good commonsense suggestions to follow. It seems that today drivers seem more distracted, be alert.
- Drive defensively by watching out for vehicles not stopping at a red light or stop sign before proceeding.
- Adjust your driving for the road conditions. Many times, if the roads are not pre-treated before the first snow fall and the temperature is around 25F, overpasses and bridges can be ice covered and treacherous.
- If your car is disabled or you have to stop on a highway, pull over far to the right, put your hazard lights on.
- Do you know how many feet it takes for a car to stop when traveling 70mph? **388 ft.** = 1 1/3 football fields. Refer to the chart on the next page.
- A car traveling at 70mph is covering 100 ft/sec.
- If you were to run across 2 lanes of a 4 lane highway at 7mph or 10.26 ft/sec it would take you around 12 seconds to cross. During that time traffic would have traveled approximately 1200 ft. (4 football fields)

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Braking/Stopping Distances

MPH	Ft./Sec.	Braking Deceleration Distance	Perception Reaction Distance	Total Stopping Distance
10	14.7	5	22	27
15	22	11	33	44
20	29.3	19	44	63
25	36	30	55	85
30	44	43	66	109
35	51.3	59	77	136
40	58.7	76	88	164
45	66	97	99	196
50	73.3	119	110	229
55	80.7	144	121	265
60	88	172	132	304
65	95.3	202	143	345
70	102.7	234	154	388
75	110	268	165	433
80	117.3	305	176	481
85	124.7	345	187	532
90	132	386	198	584

- Depending on whether the road curves or rises or drops your perception of the distance the vehicle is away, may be wrong, placing you in danger. This is one reason why people are injured and killed when out of their disabled vehicle or at a post traffic accident scene.
- As emergency responders, we see drivers fail to slow down for an accident, become fixated on the damaged vehicles and not paying attention to the emergency personnel directing traffic, putting them in danger.
- Make sure to pull to the far right to give Emergency vehicles the right-of-way and stay back 500 ft behind a moving emergency vehicle with flashing lights.
- The following is a list of items you may want to consider keeping in your car:
- Roadside Emergency Kit (may include some of the items in the list)
- First Aid Kit
- Jumper cables or jump starter
- Fire extinguisher
- Flashlight
- Strobe flasher/flare
- Seat belt cutter
- Blanket in winter
- Simple tool kit