TRAFFIC SAFETY

Aggressive Driving and Road Rage, Alcohol and Driving, Car Maintenance, Driver Fatigue, Driving in the Rain, Hydroplaning, Motorcycle Safety, ORM and Safe Driving, Speeding, Ten Traffic Safety Rules, Tips for Driving Alone, Seatbelts, Accidents, Winter Driving

(Required Training Topics 15-29)

Aggressive Driving

- Driving that is intentionally inconsiderate of other drivers
- Examples: tailgating, speeding, unsafe lane changes
- Can be caused by: stress, competition, displays of disrespect, feeling of danger

Aggressive Driving Factors

- Beginning of rush hour
- Moderately congested roads
  - Vehicles still moving
- Less likely in bad weather

Road Rage

- A state of anger or hostility directed at some specific driver
  - Aggressive driving is directed towards other drivers in general
- Road ragers intend to cause physical or emotional harm

Handling Road Rage

- Wear a seat belt
- Don’t react angrily to an aggressive driver
- Avoid eye contact
- Manage your time so you aren’t rushing
- Pull over to calm down or elude a road rager
- Report aggressive drivers to Police

Alcohol and Driving

- Nearly one-half of all fatal traffic crashes are alcohol-related.
- Approximately 21,000 people die each year in drinking-related collisions.
- A couple of drinks increases your chances of a crash 7 times.
- A 16- to 19-year old driver with a blood alcohol concentration of .06 percent is about 8 times as likely to be involved in a fatal crash.
- At .09 percent, the probability of a fatal crash increases to 40 times.

Alcohol: Facts and Myths

Myths

It is a stimulant.

It has nutrients.

It increases mental and physical ability.

In given amounts, alcohol always affects an individual the same way.

There are ways to sober up quickly.

Facts

It is a depressant.

It has calories.

It decreases mental and physical ability.

In given amounts, alcohol always affects the same individual differently at different times.

Time is the only way to sober up.

Alcohol: The Cost

- Organizational
  - Per non-injury crash: $25,000
  - Per injury crash: $110,000
  - Annual cost: $53 billion
- Personal
  - Injury recovery time, vehicle damage, insurance, jail time
- True Cost
  - Fatalities, disabling injuries, family and shipmate tragedies

Alcohol: The Bottom Line

- Alcohol-induced impairment is the greatest contributing factor in many motor vehicle fatalities.
- The basic rule underlying all safe driving is to keep your vehicle under control at all times.
- Drivers who have consumed alcohol do not have complete control over themselves, and therefore cannot be in control of a vehicle. They are a danger to themselves and others.

Car Maintenance

- Tires
  - Maintain proper pressure (measure when cold)
    - Under or over-inflated tires can lead to blowout
  - Check tread wear
  - Rotate tires

Car Maintenance, cont.

- Tire failure
  - Tread separation
    - Occurs when outer layer of tire peels away from the steel belted body of the tire
  - Sidewall blowout
    - Occurs when sidewall of tire ruptures

Car Maintenance, cont.

- Windshield Wipers - change if hard, cracked or brittle; check wiper fluid
- Check fluids - oil, transmission, radiator and brakes
- Fluid leaks are a sign you are overdue for maintenance

Car Maintenance, cont.

- Ensure mirrors, signals and lights are clean and not broken
- Get regular tune-ups, oil changes and brake inspections

Driver Fatigue

- **When you are behind the wheel of a car, being sleepy is *very* dangerous. Driving drowsy slows your reaction time, decreases awareness, and impairs judgment, just like drugs or alcohol. And, just like drugs and alcohol, driving drowsy can contribute to a fatal collision.**

Driver Fatigue

- Accident rates peak in mid-afternoon and early morning, when alertness is at its lowest point
- Sleep-related crashes are most common in young people, who tend to stay up late, sleep too little and drive at night
- Drivers are especially at risk when they are: tired, driving long distances, driving in afternoon and overnight, driving alone

Driver Fatigue

- Symptoms: can’t remember last few miles, drifting from lane, wandering thoughts, yawning, tailgating, difficulty keeping eyes open
- If these occur, pull over and find a safe place to stop

Driver Fatigue

- Prevention: take breaks, eat lightly, avoid sleeping medications, get a good night’s sleep, drive with someone else

Driving in the Rain

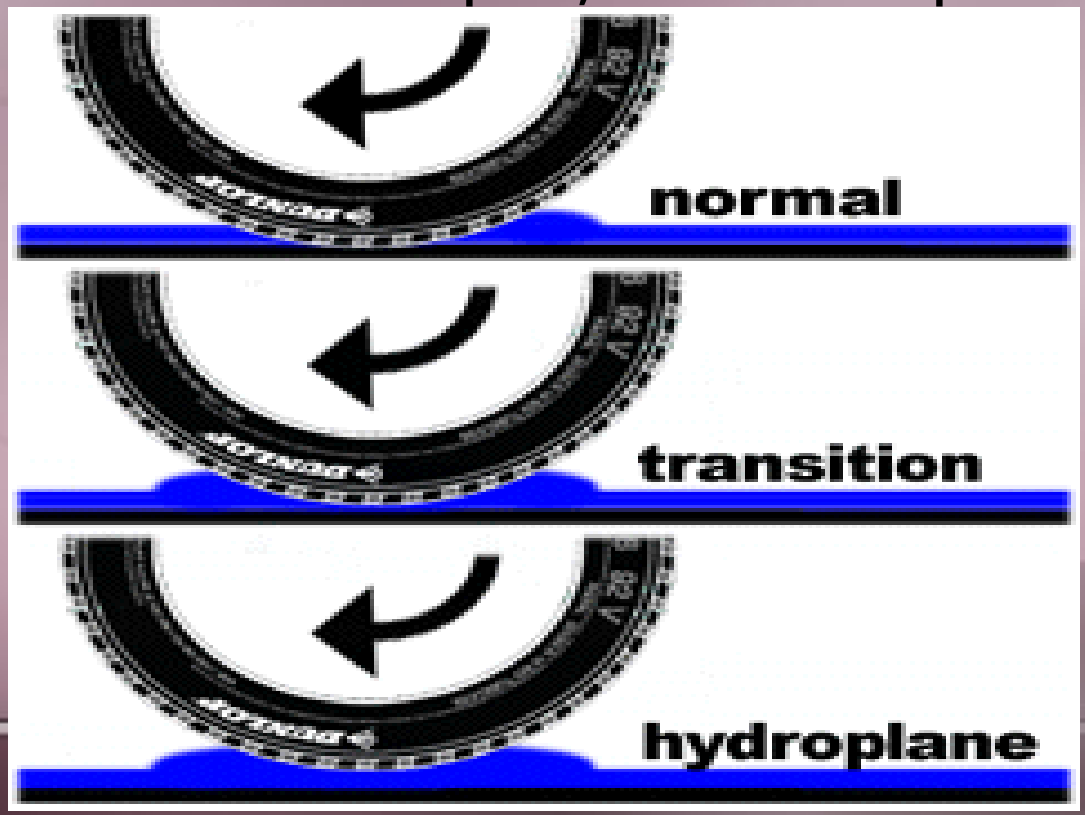
- Turn your lights on - see and be seen
- In heavy rains, pull over and wait it out
- Avoid skids by driving slowly and brake before entering curves
- Steer and brake with a light touch
- In a skid - remain calm, ease foot off gas, steer car in direction you want front of car to go

Driving in the Rain

- On the expressway - leave plenty of room between you and other cars
- Slow down and drive in the fast lane - fewer cars, less oil deposits, less water due to slope in road
- Avoid lane changes

Hydroplaning

- Contributing factors: vehicle speed, tire-tread depth, water depth



Motorcycle Safety

- Any gov't or privately-owned motor vehicle (both street and off-road versions) having a seat or saddle for the use of its operator and designed to travel on not more than three wheels.
- This includes vehicles with less than 50cc engines such as mopeds, scooters, and motorized bicycles

Motorcycle Safety

- All persons operating motorcycles must attend a command approved motorcycle safety training course
- Courses are free
- Completion of training is noted in service record books or officer qualification records
- Must present completion of training certificate to receive an on-base driving decal

Operational Risk Management

- 1) Identify hazards
- 2) Assess hazards - determine degree of risk for all hazards
- 3)Make risk decisions
- 4) Implement Controls
- 5) Supervise

ORM

- Accept risk when benefits outweigh the cost
- Accept no unnecessary risk
- Anticipate and manage risk by planning
- Make risk decisions at the right level

Speeding

- Increases needed reaction time
- Increases stopping distance
- Increases crash severity
- Decreases protection
- Weather and traffic conditions require slower driving
- Speeding kills 1,000 Americans every month

Ten Traffic Safety Rules

- Allow extra time
- Maintain a safe distance
- Signal your intentions
- Come to a full stop
- Let other drivers merge

Ten Traffic Safety Rules

- Obey posted speed limit
- Concentrate on driving
- Use horn sparingly
- Remain civil
- Extend common courtesy

Driving Alone

- Maintain your car
- Carry emergency kit
- Have roadside assistance
- Carry a cell phone
- In case of breakdown, stay with your car
- When parking: choose spots wisely, approach vehicle with caution, check surroundings

Driving Alone

- Carry everyday items for protection
- Never pick up hitchhikers
- In a dangerous situation, draw attention to yourself or sound your horn
- Remain in vehicle while getting directions
- Choose main roads

Seatbelts

- No excuse to not wear a seatbelt is a good excuse
- All passengers need a seatbelt
- It’s the Law: All military personnel will wear a safety belt at all times (including your own vehicle) as directed by OPNAVINST 11200.5 series and OPNAVINST 5100.12 series

If In an Accident

- Stay calm and move your vehicle off the road
- Exchange: names, addresses, driver license numbers, insurance info
- Record: license plate, how accident happened, description of vehicles
- Report the accident and aid the police
- Call your insurance

Winter Driving

- Pre-winter preparations: check tires, wipers, battery, antifreeze
- Properly equip your vehicle with all-weather tires and other equipment for snowy conditions

Winter Driving

- Always have 1/2 tank of gas
- Get latest road conditions
- Adjust speed for conditions
- Bridges will freeze before the rest of road
- Double the distance between you and the car in front
- Brake before going into a corner
- Know how your vehicle handles the snow

Winter Driving

- Rear wheel skid: turn wheels in direction you want to go; if ABS keep foot on brake, otherwise pump brakes
- Front wheel skid:shift to neutral, don’t try steering until traction returns

Winter Driving

- Surviving a storm: stay in vehicle, display a trouble sign, occasionally run engine to stay warm, do minor exercises, don’t overexert yourself, take turns sleeping