

Backdoor Reading From Your Parish Nurse

Asbury United Methodist Church

Driving Safety

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These driving safety tips will help you develop safer habits that can protect you, your passengers and your vehicle.

Child Safety Tips

- All children age 12 and under should be buckled up in the rear seat of the vehicle.
- Children should ride in an appropriate child safety seat until 8 years of age, unless they are 4 ft. 9 in. tall and weigh 80 lbs.
- Holding a child in your lap provides no additional safety. An unre-

strained 10 lb infant would instantly be ripped from an adult's arms in a 30 mph collision.

- Don't place a single seat belt over yourself and a child. In a front end collision, the child could be crushed by your body.
- **Infants**—from birth to 1 year and less than 20 lbs., infants should be placed in rear facing seats in the back of the car.
- **Toddlers**—From 1 yr and at least 20-40 lbs., toddlers should be placed in forward facing seats in the

back seat of the car.

Cell Phone Safety

- Use your cell phone to call for help from your car. Do not text and use a hands-free device whenever possible.

Blood Alcohol Concentration

- A person's BAC level is the result of a complex interaction of weight, gender, alcohol consumed and time. In KY a BAC of 0.08 will result in a DUI if stopped.

Car Accident Tips

- Stay calm

- Make sure you and your passengers are OK.
- Call the police
- Contact your insurance company and report the claim.
- Do not admit guilt
- Exchange vital info with the other driver involved in the accident.

Tips for Parents of Teenage Drivers

- Don't rely solely on driver education.
- Restrict night driving.
- Restrict passengers
- Be a role model
- No cell phone use
- Require safety belt use.

Safety Equipment in Your Car

Always wear your seat belt, and insist that your passengers do the same. One non-restrained person can seriously injure others in the vehicle.

Seat belts can help prevent internal injuries by spreading the

force of a collision across two of the human body's strongest areas: the pelvis and upper chest. Never slip the diagonal belt behind your body- the lap belt cannot prevent your from being thrown forward.

Air bags save lives, but they do not reduce the importance of seat belt use. Because air bags deploy at explosive speeds, they can harm an unrestrained person. For safety, place children 12 and under in the rear seat with seat belt.

The Key To

