

Highway Traffic Safety

Handout

10 Tips for Safer Highway Driving

1. Obey speed limits, and maintain a safe following distance (at least 3 seconds in good daylight conditions).
2. Wear a seat belt, and require passengers to wear seat belts, too.
3. Keep your hands on the wheel, your eyes on the road, and your mind on your driving.
4. Adjust your speed to suit road, traffic, and weather conditions.
5. Look well ahead as you drive for changes in traffic conditions, and prepare to slow down.
6. Don't drive drowsy or impaired by alcohol or drugs.
7. Don't engage in aggressive driving or challenge aggressive drivers.
8. Be extra careful when driving at night or in bad weather. Increase following distance to at least 4 seconds.
9. If you skid, take your foot off the gas, and gently turn in the direction you want the front of the car to go.
10. Pull off the highway or into the breakdown lane if you have car trouble. Make sure your vehicle is completely out of travel lanes, and activate your emergency flashers. The safest strategy is to stay in your vehicle and call for help.