## Healthy You: Quick Facts

## Drive safely by staying aware and ready

etting your driver's license often brings excitement and a feeling of freedom. But it also brings a huge responsibility.

Tens of thousands of car crashes happen every day in the U.S., often leading to injury and death. Safety issues such as speeding and texting are major reasons for crashes. But drivers can step steps to protect themselves and others.



Photo above by RyanOverman, below by Jorge Villalba, courtesy iStockphoto

## Quick facts on driving safely:

Driving is a skill. It's one of the most life important lessons you will ever learn. You should be prepared, be present and be ready to react when you drive. You can learn to "READ" the road for better safety.



R: Use the right speed for right now. Be ready to slow down when conditions demand.

E: Eyes up, brain on.
Be present when
you're driving. Distracted
driving is a problem on
roads and the leading
cause of car crashes.

A: Anticipate another vehicle's move.
Remember that the person driving their car next to you



may do something wrong, such as swerve in front of you. If you're prepared for that, you're going to be a better defensive driver.

D: Drive with space around you. Make sure you have open space on all four sides of your vehicle. That way, if something happens, you'll have room to react. Try to stay far back from the car in front of you in case it stops suddenly.

>> For more safe driving tips, visit www.nhtsa.gov