

# Safe Driving



## DRIVING BEHAVIORS INCREASE CRASH RISK

Certain driving behaviors have been identified as increasing the risk of becoming involved in a vehicle crash or near crash. Research by Virginia Tech Transportation Institute indicates that four specific driving behaviors can double or even triple your chance of being involved in a crash.

These driving behaviors are:

1. Driving at a speed too fast for conditions nearly triples the odds of a crash
  2. Driving while drowsy or sleepy shows a similar increase of likely crashes
  3. When the driver's eyes are off the roadway for more than two seconds, the odds of a crash double
  4. Exhibiting aggressive driving behavior more than doubles the likelihood of a crash
- Here are a few tips to prevent these risky behaviors:
- Maintain a safe speed that moves with the general flow of traffic. In certain situations the posted speed limit may not be the appropriate speed.
  - Be sure you're well rested before driving. If you're driving on a business trip, be sure to get plenty of sleep before you leave.
  - Avoid distractions that take your eyes away from the road. These include cell phone use, changing the car radio or CD, looking at a map for driving directions or daydreaming.
  - Be courteous when driving, use your turn signals and never tailgate. Allow others to merge in traffic and to pass when needed. If you must use your horn, a friendly tap is better than a loud blast.

Risky driving behaviors substantially increase the likelihood of being involved in a crash. Remember these behaviors and work to avoid them when driving.

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