



Automotive Safety Tips



- Do not keep aerosol cans in your vehicle, they can explode.



- If you must use a cell phone in your car, use these simple rules to help keep yourself safe:

- Keep your eyes on the road - Learn how to operate your phone without looking at it. Memorize the location of all the controls, so you can press the buttons you need without ever taking your eyes off the road.
- Practice Off-Road - If your phone is new, practice using it and the voice mail while your car is stopped. Practice will make you feel more comfortable - and safe - using it when you are on the road.
- Use a Hands-Free model - A hands-free unit lets you keep both hands on the wheel while you talk on the phone. Attach the microphone to the visor just above your line of vision so you can keep your eyes on the road. You can then talk on the phone as if you were talking to a passenger.
- Stay in your lane - Don't get so wrapped up in a conversation that you drift into the other lane. Pull into the right-hand lane while talking, so you only have to worry about traffic to the left.
- Use speed dialing - Program frequently called numbers and your local emergency number into the speed dial feature of your phone for easy, one-touch dialing. When available, use auto answer or voice-activated dialing.
- Never dial while driving - If you must dial manually, do so only when stopped. Pull off the road, or better yet have a passenger dial for you.
- Take a message - Let your voice mail pick up your calls in tricky driving situations. It's easy to retrieve your messages later on.



- Drive Defensively - Being in the right will not save you from a crash. You must be prepared for the unsafe actions of other motorists or for poor driving conditions.



- Here are some tips that may help you avoid falling asleep at the wheel:

- Get adequate and quality sleep before a trip
- If possible, drive with a companion and switch driving when necessary. Talk with passengers but not to the point of distraction

- If possible, avoid driving during the peak drowsy times - from 2 p.m. to 5 p.m., and from 10 p.m. to 6 a.m
- Adjust your car's environment so that it helps keep you awake and alert. Keep the temperature cool, with open windows or air conditioning in the summer and frugal amounts of heat in the winter. Turn the radio volume up, and switch stations frequently, but avoid soft, sleep - inducing music. Do not use cruise control, keep your body involved with driving
- Take frequent breaks. At least every 2 hours - and rest
- Avoid alcohol and heavy food
- Beware of medications that can impair your driving ability
- Caffeine-type drinks like coffee and cola may provide short-term boost, however, if you are seriously sleep deprived, no amount of caffeine will help
- See your doctor if you are prone to constant sleepiness
- If anti - fatigue measures fail, and you start noticing the danger signs of fatigue, then there is only one solution. SLEEP. If no motels or rest areas are in sight, pull off the road in a safe area which is well-lit and take a nap. Even 20 minutes of sleep might refresh you enough to keep going until you reach a safe rest area

(Tips from the Ministry of Transportation of Ontario and the National Safety Council)