



In 2019, there were **36,096 fatalities** and nearly **3 million injuries** due to vehicle accidents. **Motor vehicle crashes** are a leading cause of death among those age 1-54 in the U.S.

**Driving hazards include, but are not limited to,** distracted driving such as texting and driving, road aggression, drunk driving, weather hazards, and drowsiness.

Here are some ways to prevent these hazards:

- **Always wear your seatbelt!** Wearing your seatbelt can limit your chances of moderate to fatal injury by 50% and of dying by 45%. On average, nearly 50% of people who die in car accidents weren't wearing seatbelts.
- **Don't text and drive.** Use hands free devices for your phone when driving.
- Practice defensive driving techniques. Follow speed limits, be aware of your surroundings, use mirrors, use signals, abide by traffic rules and laws.
- **DO NOT operate vehicles under the influence of drugs or alcohol.** You are 4x more likely to crash under the influence.

- **Ensure that your vehicle is prepared for weather hazards.** Are the windshield wipers in good condition and functioning? Allow for extra time if driving in adverse weather.
- **Don't operate vehicles drowsy.** Being drowsy when operating vehicles can be just as dangerous as driving drunk.
- **Back vehicles into parking spots when arriving.** Studies show people are more aware when they arrive and less aware when they leave. Think about how you feel arriving to work verses leaving work.

The odds of getting into a vehicle accident are roughly 1 in 366 for every 1,000 miles you drive. There is nothing worth not making it to your destination safely.

**Discussion Points/Quiz Questions:**

1. Don't speed to save a time or get there quicker. You will only spare a few minutes if you even make it.
2. Plan trips ahead of time. Establish travel route and don't deviate from the plan. This will help prevent speeding.
3. Don't get distracted. Remember, you are operating what could be a deadly weapon. Stay aware and be prepared.