

SAFETY



MONDAY

HOME FOR THE HOLIDAYS

has emphasized the necessity of operating responsibly, so that everyone can enjoy time with loved ones over the season.



- ✓ Whether it's making a "Holiday" phone call, rushing to the next holiday party or indulging in some eggnog prior to hitting the road; the next 6-8 weeks are one of the most dangerous times to be on the road. Below are some of the most dangerous behaviors drivers exhibit during the holiday season.
- ✓ **Distracted Driving.** "This includes driving while using cell phones for both talking and texting holiday messages to friends, coworkers and family. It also includes driving while checking out store hours and locations using a smartphone to surf the web.
- ✓ **Impaired Driving.** Year-end dinners, parties and celebrations typically involve consumption of alcohol, and in too many cases, use of drugs. An increase in the number of impaired drivers using the roadways during the winter holidays has been well-established by law enforcement, and the loss of life resulting from impaired driving is also well-established.
- ✓ **Pressured Driving.** The winter holidays typically bring with them increased pressures, especially financial pressures and the stress created by trying to do too much in a short time span. Drivers often react to these pressures by driving too fast for conditions, making aggressive lane changes, failing to yield right-of-way, and generally disregarding the needs and safety of others using the road.
- ✓ **Fatigued Driving.** Increased demands and activities during the winter holidays often mean significantly reduced sleep schedules. According to a study by the AAA Foundation for Traffic Safety, people who slept 6-7 hours a night were twice as likely to be involved in a crash as those sleeping 8 hours or more, while people sleeping less than 5 hours increased their risk four to five times. It's not uncommon for a single driver to manifest all four dangerous driving behaviors at the same time, especially in the final ten days of the year.

So, this holiday season, take this list, check it twice often – and stay safe out there



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