

NAYGN Opening Plenary Safety Message



Towards Zero – There's no one someone won't miss

<https://youtu.be/bsyvrkEjoXI?list=PLI2p5jFnfRhF4nt7O96lfAKW8EJartJeN>



Never drink & Drive:

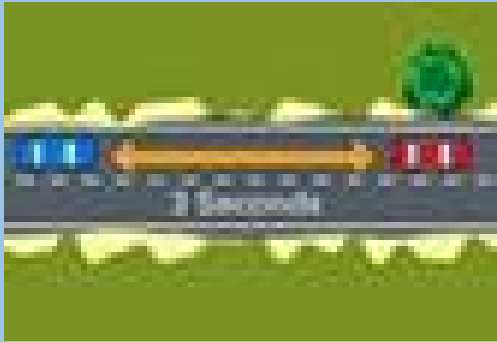
- Alcohol causes a number of impairments that lead to the car accident.
- At low blood alcohol levels, causes the intoxication decrease the reaction time, lower the guessing power & inhibitions.
- At higher alcohol levels, causes blurred vision & loss of consciousness.



Always Wear Your Seat Belt:

A properly worn seat belt reduces the risk of serious injury by 45% to 50% and increases the survival rate as it prevents you from being thrown around the inside of a crashing vehicle or thrown through the out of the vehicle during any accident.

- Lead by example Fasten your seat belt upon entering the vehicle
- Take responsibility. Remind occupants to “buckle-up every time on every trip.”



Maintain a safe following distance at any speed and follow Three Second Rule (I prefer the 10 second rule for each mph of speed):

When the car ahead of you passes a permanent object on the side of road, start counting “one-Mississippi, two-Mississippi, three-Mississippi....” You are at the proper following distance if you pass that same point on or after the 3-second (10 second) count.

- At night or in bad weather condition this second can be doubled.
- Doubling your vehicle weight doubles the stopping distance.



Always Avoid Distractions (Eating, cell phone usage, locating objects, personal hygiene, etc): Distracted driving contributes 10% of all fatal car accidents or ~4,000 deaths and 400,000 injuries every year (AAA 2018)

- Cell phone usage: unsafe & against many State laws, including TN
- AAA research found mental distractions can linger as long as 27 seconds after putting down a phone
- Pull over first if you must make or answer a call or text, and set your vehicle's navigation system and radio before you start your trip



Never Run a Red or Yellow Signal:
Always wait for green signal as
running a red or yellow light is the
most common causes for road
accidents.



Always drive Within the Speed Limit:
Some folks just love speed, but this fun could cost you your life or permanent disabilities.

- Speed causes more than 45% of the serious crashes
- Due to over speeding your reaction times becomes very less
- Always give yourself extra time to reach your destination safely. Being on time is not worth putting yourself and others in danger



Don't drive while fatigued:

- Driving drowsy or sleepy is as dangerous as driving drunk.
- Save lives with a 15+ minute power nap
- Allow to someone else to drive
- Take a cab/Uber.



Watch Out For Drivers On the Road:

- Sometimes no matter how safely you drive, there are cases where someone else crashes into you or causes a dangerous situation.
- Drive defensively; be responsible, alert and situationally aware, and avoid aggressive driving.
- You can never assume the action of another driver on the road; i.e. even after the left indicator shows, the driver might not take left turn.



Adverse Weather Conditions

- Be Extra Careful in Bad Weather or Poor Driving Conditions as these weather conditions require more attention than normal driving.
- Drive below speed limit, maintain proper distance, and take extra precaution on turns, steering, and braking.



Perform Regular Maintenance of Your Vehicle

- Every vehicle owner must maintain their vehicle at all times and ensure proper operating condition.



Always Follow Rules & Safe Driving



Who's Watching?

- What kind of driver are you raising?
- Are you modeling good driver behaviors?
- Children learn more from your behavior that you may realize.
- How you drive can have a huge influence on children aged 5-12 years and the type of drivers they will be in the future.