



11 Tips for Driving Defensively

1. Always buckle up! More than 100,000 lives are lost annually from not wearing a seat belt.
2. Keep headlights turned on whenever a vehicle is running.
3. Adjust your mirrors and your seat to fit YOU.
4. Be attentive to your own actions, the actions of others and the environment.
5. Keep a safe stopping distance between your car and the vehicle in front of you — a minimum of two seconds at speeds under 40 mph. This distance should increase based on speed, road conditions and weather conditions.
6. Don't use cell a phone while operating a moving vehicle.
7. Never drink alcohol before or while operating a vehicle.
8. Be alert to blind spots when changing lanes. Use mirrors to observe traffic and always use turn signals.
9. Keep a cool head — don't drive aggressively and don't take chances.
10. Know and obey all traffic rules, regulations and laws.
11. Be very cautious when adjusting your car radio, or handling any other device that will distract you from driving defensively.

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1-800-258-2667

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