

7 Habits for Safer Drivers



Don't count on luck. Create these seven habits to get to 100% accident-free driving.

1. ALWAYS USE SEATBELTS INCLUDING RESTRAINTS OR A KENNEL FOR PETS

SPEED LIMIT 50 + 10 LB = 500 LBS

In a collision at 50 mph, an unrestrained 10-pound dog will hit you with about 500 pounds of force – more than enough to do serious damage to you and the dog.¹

2. TURN OFF PHONE OR KEEP IT IN A PURSE



Text messaging while driving doubles the risk of a crash or near-crash.²

3. SET GPS BEFORE YOU GO



4.

DON'T DRIVE IMPAIRED – THAT INCLUDES DRUGS, DRINKING, OR DROWSINESS



Cognitive impairment after approximately 18 hours awake is similar to that of someone with a blood alcohol content (BAC) of 0.05%. After about 24 hours awake, impairment is equivalent to a BAC of 0.10%, higher than the legal limit in all states.³

REMEMBER...

If you see someone who's driving recklessly, either pull over or use your hands free device to call 911.

5. DON'T EAT, DRINK, SMOKE OR GET READY FOR WORK WHILE DRIVING



6. USE MIRRORS & WATCH FOR CYCLISTS OR OTHER PEDESTRIANS



When possible, check behind your car, or use a rearview camera, when backing up.

7. FOLLOW THE SPEED LIMIT & PAY ATTENTION TO TRAFFIC SIGNALS



The best way to reduce the risk of being involved in an accident is to practice safe driving behaviors.⁴

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¹ New Laws Require Dogs to Be Restrained in Vehicles. Life With Dogs.tv. June 2012.
² The Impact of Hand-Held and Hands-Free Cell Phone Use on Driving Performance and Safety Critical Event Risk, Virginia Tech Transportation Institute (VTTI) June 30, 2013
³ Drowsy Driving: Asleep at the Wheel. Centers for Disease Control and Prevention. January 2014.
⁴ Do's and Don'ts on Safe Driving. National Traffic Safety Institute. ©2012 NTSI. NTSI.com