Vision:
Good vision is necessary for safe driving. You drive based on what you see. If you cannot see clearly, you will have trouble identifying traffic and road conditions, spotting potential trouble, and reacting in a timely manner.

Hearing:
Hearing can be helpful to safe driving. The sounds of horns, a siren, or screeching tires can warn you of danger. Hearing problems, like bad eyesight, can come on so slowly that you do not notice it. These problems should be addressed on a regular basis.

Fatigue:
When you are tired, you cannot drive as safely as when you are rested. Your reactions and decision-making skills are greatly reduced. Break long driving periods into two-hour segments. **If you become drowsy, pull off the road and rest!**

Health:
Many health problems can affect your driving – a bad cold, infection, or a virus. Even little problems like a stiff neck, a cough, or a sore leg can affect your driving. Some conditions can be very dangerous, such as epilepsy, diabetes, and heart conditions. Check with your doctor if you think your health condition could affect your driving.

Emotions:
Emotions can have a great effect on safe driving. You may not be able to drive well if you are overly worried, excited, afraid, or angry. Do not give in to “Road Rage.”

Distractions:
A distraction is anything that diverts your attention, even momentarily, from the task of driving. Driving requires your full attention. Before you begin your trip, adjust your seat, your mirrors, the radio, the temperature, and secure any loose objects in the car. Be sure you and everyone else in the vehicle, particularly children, are wearing age-appropriate restraint devices. **Do not allow yourself to become distracted** by your cell phone, conversations with passengers, noisy children, or by “rubbernecking.” Turn off your cell phone and place it somewhere out of sight and reach. Do not attempt to eat, drink, read, smoke, apply makeup, shave, or adjust the radio, CD’s, DVD’s, and MP3’s while driving. In the time it takes to change songs on your music player, lives may be changed forever.

Vehicle:
How safely you can drive includes the vehicle you are driving. **It is the responsibility of drivers to make certain that the vehicles they drive are safe to operate.**

A vehicle that is in poor operating condition is unsafe, costs more to run and may not get you out of an emergency situation such as a breakdown or collision. You should follow your vehicle owner’s manual for routine maintenance. A few simple checks will prevent trouble on the road and ensure your vehicle is in compliance with your state’s vehicle laws.