



BROOME COUNTY TRAFFIC SAFETY BOARD NEWSLETTER

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Winter Safe Driving



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Winter is the most difficult driving season, especially for those of us who live in the northern regions where winter weather can be hazardous and scary. During the winter months, drivers deal with the cold, snow, ice, freezing rain as well as the diminishing hours of daylight. The winter weather elements can not only be an inconvenience for drivers but can cause irritation and frustration on the road. In order to minimize these aggravations on our roadways, the National Highway Traffic Safety Administration recommends following the three "P's" of winter safe driving: **Prepare, Protect, Prevent.**

Stuck?

- ✓ Turn your wheels from side to side a few times to push snow out of the way. Keep a light touch on the gas, and ease forward. Don't spin your wheels - you'll just dig in deeper.
- ✓ Rocking the vehicle is another way to get unstuck. (Check your owner's manual first - it can damage the transmission on some vehicles.) Shift from forward to reverse, and back again. Each time you're in gear, give a light touch on the gas until the vehicle gets going.
- ✓ Front-wheel drive vehicles, snow tires should be on the front - the driving axle - for better traction in mud or snow.



The National Safety Council

Prepare For Your Trip

- **Maintain Your Car:** Check battery & tire tread, keep your windows clear, put no-freeze fluid in the washer reservoir, check your antifreeze.
- **Have on Hand:** flashlight, jumper cables, sand or kitty litter, shovel, snow brush, ice scraper, warning devices, a blanket and for long trips-food & water.
- **Stopped or Stalled?** Stay with your car, put bright markers on antenna or windows & shine dome lights. If you run your car, clear exhaust pipe & run it just enough to stay warm.
- **Plan Your Route:** Allow yourself plenty of time, be familiar with maps/directions & let others know your route & arrival time.
- **Practice Cold Weather Driving:** During daylight, rehearse maneuvers slowly on ice or snow in an empty lot. Know what your brakes will do: *stomp on antilock brakes, pump non-antilock brakes.* Stopping distances are longer on water-covered ice & ice.

Protect Yourself and Your Child

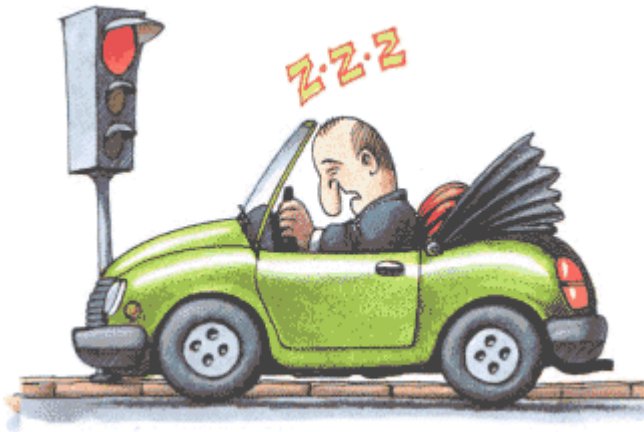
- **Buckle up & use child safety seats properly.**
 - *Never* place a rear-facing infant seat in front of an air bag.
- **Children 12 & under are much safer in the back seat.**

Prevent Crashes on the Roads

- **Drugs & alcohol never mix with driving.**
- **Slow down & increase distances between cars.**
- **Keep your eyes open for pedestrians walking in the road.**
- **Avoid fatigue- Get plenty of rest before the trip, stop at least every 3 hours and rotate drivers if possible.**

Drowsy Driving

A Message from a Traffic Safety Board Member.....



The National Road Safety Foundation, Inc.
recommends these tips to
REDUCE YOUR RISK OF DROWSINESS:

- Eat light
- Exercise regularly
- Get 7-8 hours of sleep a night
 - If you miss sleep, catch up immediately
- Leave for a long trip early in the morning & stop driving around sunset to reduce night-time driving
- Drive with another person who can alert you to fatigue & share the driving
- Schedule stops every 100 miles or every 2 hours
- Hunger can make a driver angry.
 - Don't eat junk or high-fat foods
 - Keep caffeinated & sugar-laden snacks in the car for short-term energy
- Recognize symptoms of drowsiness
- Open windows & loud music **DO NOT** reduce fatigue!

When you are behind the wheel of a car, being sleepy can be very dangerous. Although most people know how dangerous drinking and driving is, they may not fully realize that drowsy driving can be just as fatal as driving drunk. The U.S. National Highway Traffic Safety Administration estimates that 1.5% of all crashes annually involve drowsiness or fatigue while driving. 4% of those crashes are fatal, which is about 1,500 fatalities annually and about 71,000 injuries each year.

Like drugs or alcohol, sleepiness slows reaction time, decreases awareness, impairs judgment and increases your risk of a crash.

Teenagers are relatively inexperienced drivers, making them potentially less experienced in judging how tiredness affects their driving skills or predicting traffic safety risks. Combined with the statistical probability that they may be sleep-deprived, this can lead to dangerous situations. Young people 16-24 year old often need more sleep than a baby! The typical teenager requires an average of 9.2 hours of sleep per night. However, because of a variety of factors including school, part time jobs, late night television and a busy social life, young adults get less sleep than any other age group. This leads to a sleep deficit which increases a teen's chance of driving while drowsy. So teens- Don't put yourself or others on the road at risk just because you're sleepy! Get enough rest before driving and be conscious of your body's signals that you're just too tired.

Joel Dunham
Traffic Safety Board Member



Buckle Up New York: "Click It or Ticket"

Buckle Up New York, Click It or Ticket is a statewide, zero tolerance enforcement campaign that is designed to increase seatbelt use in New York and prevent highway fatalities & injuries caused by unrestrained vehicle occupants. The first of the two statewide waves occurred in November 2006. This year six police departments: Binghamton, Johnson City, Port Dickinson, Endicott, Vestal and the Broome County Sheriff's Department participated in November's initiatives and will participate in the May 2007 efforts in Broome County. According to Officer Eric Zenel of the Johnson City Police Department and an active Broome County Traffic Safety Board member, officers in vehicles station themselves to observe approaching traffic. If an officer observes an unbuckled occupant, they will call out to the checkpoint and the violator will be issued a ticket. In addition to checkpoints, officers do roving patrols enforcing the occupant restraint laws. In 2005, a total of 6,055 seatbelt tickets were issued between these six police agencies as a result of the Buckle Up New York program. Currently about 85% of New Yorkers buckle up every time. While this is higher than the national average, the goal of the "Click It or Ticket Campaign" is to increase that use rate to at least 90%.



Barbara J. Fiala, Broome County Executive

Graphics and research provided by the NYS Governor's Traffic Safety Committee www.safeny.com, the National Highway Traffic Safety Administration www.nhtsa.dot.gov, The National Safety Council www.nsc.org and the National Road Safety Foundation <http://www.nationalroadsafety.org/cover.html>. The production of this newsletter was made possible through funding from the NYSGTSC.

New York State Restraint Law

- All occupants in the front seat regardless of age must wear a seatbelt.
- All back seat passengers under the age of 16 must wear a seatbelt.
- Children under the age of 7 must use an appropriate child restraint system (car seat or booster seat)

Best Practice:

**ALL OCCUPANTS RESTRAINED
NO MATTER THEIR AGE
OR LOCATION IN VEHICLE**

Broome County Traffic Safety Board Announcements

December 4, 2006

Buckle Up New York Reporting Form for November Wave due to Broome County Health Department

December 5, 2006, 9a.m.-12p.m.

Child Safety Seat Check at Sheriff's Office

December 7, 2006, 10:30 a.m. - 12:15p.m.

Town of Colonie Operations Center

New York State Association of Traffic Safety Boards General Meeting

December 12, 2006, 12p.m. -3p.m.

Child Safety Seat Check at Sheriff's Office

December 13, 2006, 4p.m.

Broome County Health Department

Broome County Traffic Safety Board Meeting

December 15, 2006

November BUNY Vouchers due to Broome County Health Department