

COOL IT ON THE ROAD

- ◆ Drive in the appropriate lane and allow enough distance between your vehicle and the one ahead of you.
- ◆ Concentrate on driving safely, don't worry about the behavior of other drivers.
- ◆ Plan your trips with enough time so you don't feel rushed.
- ◆ Don't drive when angry, upset, or tired.
- ◆ Listen to music or think about something pleasant. Make the space inside the vehicle comfortable.
- ◆ Personalize other drivers. Remember, every driver is someone's family member or friend.



AVOID DISTRACTIONS



Make adjustments to vehicle controls – such as radio, air conditioning, or mirrors – **before** beginning to drive or **after** the car is no longer in motion.

Don't reach down or behind the driver's seat, pick up items from the floor, open the glove compartment, clean the inside windows, or perform personal grooming while driving.

If you must use a cell phone:

- ◆ Pull over in a safe area to make or take your calls.
- ◆ Hands-free device.
 - Use of any listening device that covers the driver's ear or wireless device that is inserted in the aural canal is prohibited.
- ◆ Designate a front-seat passenger to serve as "co-pilot" rather than fumble with maps.



FOR ADDITIONAL INFORMATION AND LOCAL GUIDANCE



Navy/Marine Corps:
U. S. NAVAL BASE GUAM
INSTALLATION SAFETY

Safety Hotline: 671-339-7233 (SAFE)
Email: m-gu-nbg-safety@fe.navy.mil

Air Force:
Andersen Air Force Base
Ground Safety Office
Phone: 671-366-7233/7231

BASE OPERATOR
355-1110
COMMAND DUTY OFFICER
777-1809

EMERGENCY CONTACT NUMBER:
Dial 911

U. S. Naval Base Guam/ Andersen Air Force Base



U. S.
Naval
Base
Guam



TRAFFIC SAFETY TIPS



BE A RESPONSIBLE DRIVER

Buckle up whenever the vehicle is in operation. Most fatal crashes occur within 25 miles of home. If you wear a seat belt every time you get into a vehicle, you're more likely to:

- ◆ Get to where you're going on time. Wearing a seat belt isn't just a good idea, it's the law!
- ◆ Hold onto your hard-earned cash. Seat belt tickets can mean hefty fines and, in some places, points on your license.
- ◆ Prevent disabling injuries and or worse. Every 15 seconds, someone is injured in a traffic crash. If you're not buckled up, you could be thrown through a window, sent skidding along the pavement or be crushed under a vehicle in a crash.
- ◆ Live. Someone is killed in a crash every 13 minutes. However, seat belts save over 11,000 lives each year, and they can help you maintain control of your car in a crash.

BUCKLE UP! IT'S THE LAW!

MAINTAIN YOUR VEHICLE



Make sure your car is in good working condition. Check belts, hoses, tires, and fluids. Prepare for the unexpected. Have a properly inflated spare tire, a

cell phone, first-aid kit, flashlight, an auto service card, water, fire extinguisher, and blanket.

Check doors locking mechanism, windows, car alarm (if your car doesn't have one, get a club for your steering wheel).

If traveling with young children, make sure their child safety seats are in good condition. Inspect for wear and tears, check car seat recall websites, or consult owners manual.

For a smooth ride and safe arrival, remember to:

- ◆ Carry enough cash for food and gas.
- ◆ Carry your health insurance cards, medications, and emergency phone numbers.
- ◆ Familiarize yourself with the map, check road and weather conditions, and listen to traffic advisories.
- ◆ Notify relatives and trusted friends of your travel itinerary.

RECOGNIZE SIGNS OF FATIGUE



Maintain a regular sleep schedule that allows adequate rest. Learn to recognize the symptoms of fatigue:

- ◆ Eyes closing or going out of focus
- ◆ Persistent yawning
- ◆ Irritability, restlessness, & impatience
- ◆ Wandering or disconnected thoughts
- ◆ Drifting between lanes or onto shoulder

When the signs of fatigue begin to show, get off the road! Do not simply stop on the side of the road. If you are planning to go to off-island that include long road trips, consider these helpful tips:

- ◆ Go to www.safetycenter.navy.mil and use TRiPS (on line automated risk assessment tool) before traveling.
- ◆ Share driving responsibilities with a companion.
- ◆ Begin the trip early in the day.
- ◆ Stop every 100 miles or 2 hours to get out of the car and walk around; exercise helps to combat fatigue.
- ◆ Avoid driving between 12 a.m. and 6 a.m.

DON'T DRINK & DRIVE



It cannot be emphasized enough:
If you are drinking, DON'T DRIVE!

Choose a designated driver. A designated driver is **someone who is responsible and did not drink at all!**

Strictly enforce a **zero-tolerance** policy when it comes to alcohol and the young drivers in your organization or family. Give them the guidance they need to deal with peer pressure and to make wise choices.

Be a responsible host. If you're entertaining guests, don't let your friends drive home if they've had too much to drink. Call them a cab or ask them to spend the night.