

Labor Day Weekend Reminder

Buckle up, Drive Safely and Only When Sober

According to estimates by the National Safety Council, there will be 368 traffic fatalities and an additional 19,900 nonfatal disabling injuries this Labor Day weekend between 6 p.m. Friday, Sept. 3, through Monday, Sept. 6, 2010.

- **Safety belt use is the most effective protection against serious crash injuries.**

Studies show safety belts reduce the risk of crash injuries by 45 percent. NSC estimates 281 lives will be saved this Labor Day weekend because people wore safety belts, and an additional 96 lives could be saved if all people buckled up before driving.

- **Drive safely; don't use a cell phone while driving.**

The term "distracted driving" means driving or operating a vehicle while attempting to do other activities. The most common distraction in our current lives is driving while using a cell phone to either call or text a message. Other common distractions include driving while eating, drinking or smoking.

- **Don't drink and drive.**

Driving while impaired is the number one cause of car accidents. Impairment is caused by alcohol and illicit drugs, as well as common prescription and over-the-counter medications. Impaired driving alters a person's ability to perform normal function and impacts judgment, depth perception, coordination and reaction time.

Practice Safety:

Tell your family and loved ones about the three points, above. Here are the supporting facts about driving and the reason it is important to all of us.

- Every year, over 41,000 people die & 2.4 million are injured in motor vehicle collisions;
- Driver inattention is the leading cause of traffic collisions, causing 78% of crashes;
- Researchers observing 1,700 drivers found that three of every four drivers (75%) using cell phones committed a traffic violation. The number dropped to one of every five drivers (20%) when cell phones weren't in use;
- Drivers between the ages of 21 and 44 – those of adult working age – are more likely than any other age group to be in fatal crashes where the BAC was .08 or higher;
- Most fatal crashes happen during off-the-job hours, particularly on weekends.

