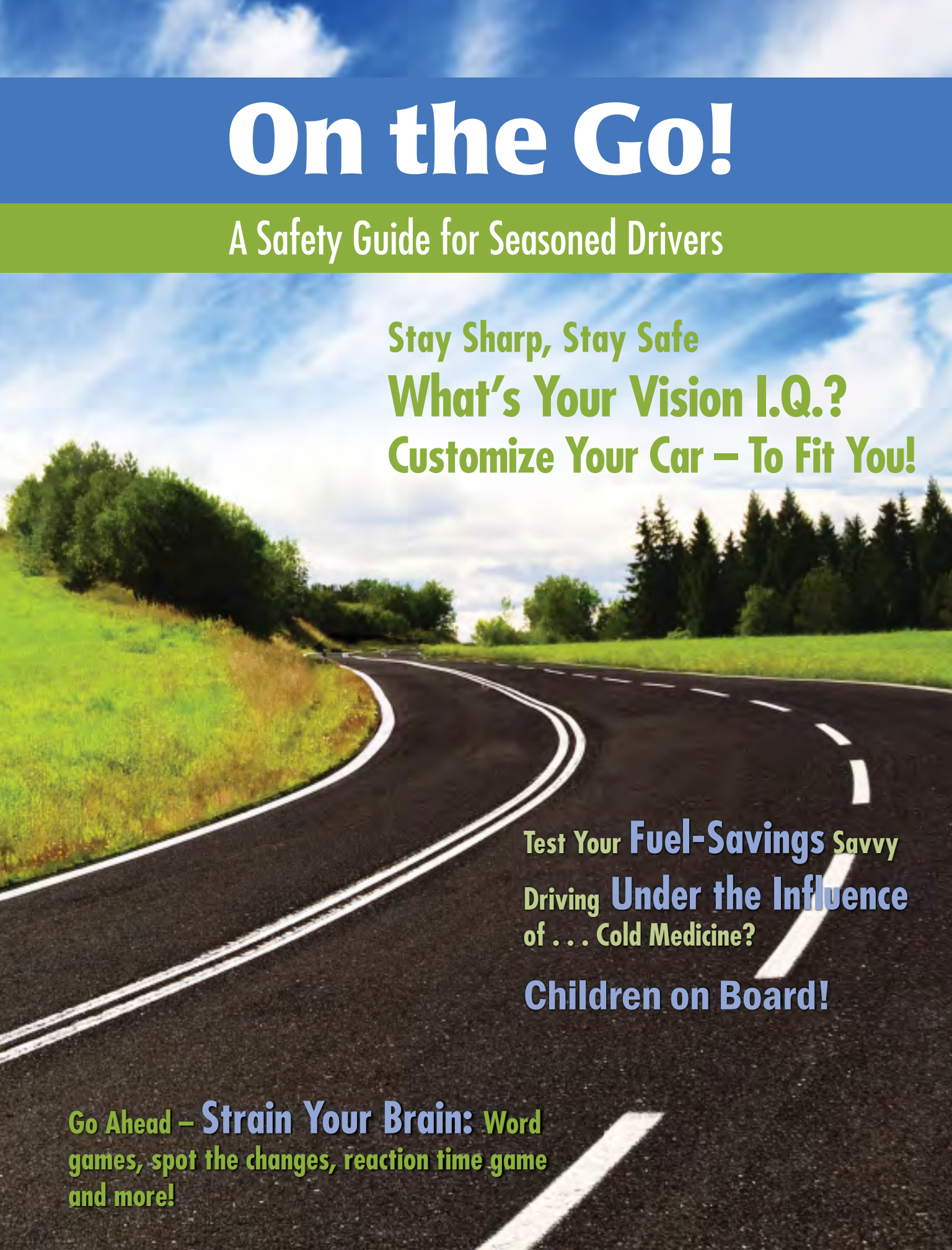
On the Go!

A Safety Guide for Seasoned Drivers



Stay Sharp, Stay Safe

What's Your Vision I.Q.?

Customize Your Car – To Fit You!

Test Your Fuel-Savings Savvy

Driving Under the Influence of . . . Cold Medicine?

Children on Board!

Go Ahead – Strain Your Brain: Word games, spot the changes, reaction time game and more!

Let's Keep Moving!

For most of us, driving is like breathing – we just do it. And, as seasoned drivers, we tend to be safe drivers. But the driving experience has changed – heavier traffic, more distracted drivers, new roadway features like roundabouts – and we have to sharpen our defensive driving skills as a result.

We've changed, too. Natural physical changes can affect our driving – and these changes begin earlier than most people think (sometimes in our twenties!).

To stay safe on the road, we need to recognize these internal and external changes and learn how to adapt to them. *On the Go!* is designed to help you do just that – and to have some fun in the process. Driving safer and smarter means less stress, less chance of a crash and injury, potentially lower insurance rates, and getting around independently and safely for as long as possible – a big goal for all of us.

On the Go! was written for seasoned drivers but the information can be useful for all ages. We hope you'll read it, tackle the quizzes and games, learn from it and share it with others. Most importantly, we hope you'll use this information to help you remain safely *On the Go!*

On the Go! A Safety Guide for Seasoned Drivers is a publication of AAA and the Minnesota Safety Council. Additional funding provided by the Minnesota Network of Employers for Traffic Safety, through the Minnesota Department of Public Safety, Office of Traffic Safety.

Designer: Barbara Campbell

Illustrations on pages 3, 16 and 18 by Harry Pulver, Jr.

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On the Go! was developed to provide helpful information for active seasoned drivers. For additional copies, contact AAA at TrafficSafety@ACG.AAA.com or the Minnesota Safety Council at msc@minnesotasafetycouncil.org.

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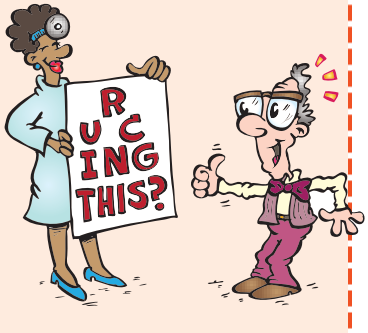
19 Quiz, Puzzle and Game Answer Page



Stay Sharp, Stay Safe

As seasoned drivers, we're smart, we're good looking and golldarn it, we've still got it behind the wheel! But it may be time for a few adaptations.

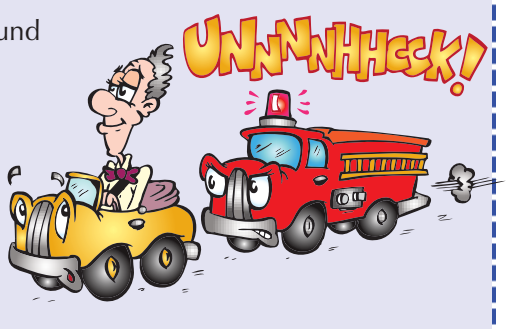
On a clear day, we can see . . . not as well as when we were 20! We need more light to see well. Driving at night becomes more challenging. We're more sensitive to glare. Side vision, depth perception, change of focus and color brightness all decline.



How to cope? Be alert to changes through regular eye exams. Use your prescription eyewear when driving and sunglasses in bright light. Cut back on night driving. Adjust mirrors to minimize blind spots. Avoid tinted windshields and keep windshield and headlights clean.

I heard it through the grapevine. By age 65, a lot of us have problems hearing high-pitched sounds like sirens, horns, railroad warnings, even noises from our own cars.

Follow this sound advice: Check hearing at least every three years or as your doctor recommends.



If you have a hearing aid, wear it when you drive. Keep the inside of the car as quiet as possible. Pay attention to warning lights on the dashboard.

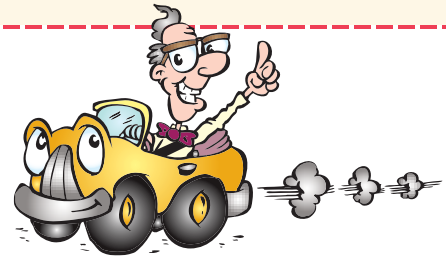
Let's get physical. If we don't, weaker muscles and stiff joints will make it harder to grip and turn the steering wheel, look over our shoulders or brake safely.

Step up to the challenge: Exercise to keep – and improve – strength (talk to your doctor first). Drive a car with automatic transmission, power steering and power brakes.



Stop! In the name of . . . safety. Our reactions may slow: we may process information or move more slowly. Our attention spans may be shorter. Our experience, good judgment and good driving habits help us compensate. Other good moves: Leave more following distance. Brake early. Plan ahead. Avoid high traffic areas and difficult intersections if possible. On fast-moving highways, drive in the right lane. Take a defensive driving course.







Are You as Good as You Think You Are?

What is defensive driving? Well, it gets you where you're going safely – no ticket, no crash and no harm or hassle to others on the road. In plain English, it's responsible, common-sense driving. Give yourself a point for each of these defensive driving behaviors that apply to you!

Defensive drivers:

1. Follow traffic signs and signals all the time. (No rolling stops!)
2. Check mirrors and blind spots, and signal before turning or making lane changes.
3. Stay alert – no drowsy driving! – and scan the roadway often for hazards.
4. Don't drive distracted: No multi-tasking, no talking on a cell phone, no texting.
5. Allow extra time for weather and road conditions. Adjust driving speed as needed.
6. Ask their doctor or pharmacist about possible side effects of prescription drugs and over-the-counter medications.
7. Don't drive impaired by alcohol, medications or fatigue.
8. Keep their vehicles in good repair.
9. Don't ride the bumper of that car ahead! Leave a following distance of at least three seconds from the vehicle in front, and more if driving conditions are poor.
10. Share the road with trucks, bikes, pedestrians and motorcycles.
11. Make sure everyone in the vehicle buckles up – with little ones in age-appropriate car seats or booster seats.
12. Keep their cool. Don't drive aggressively and don't let the actions of other drivers cause them to make decisions that put themselves – and others – at risk.
13. Follow safety precautions when parking and when walking to and from their vehicles.

Defensive Driving: The Basics

- Scan continually – to the front, sides and rear.
- Create a cushion of safety – a safe and stress-free driving space in and around your vehicle.
- Communicate with other road users, using courtesy, common sense and cooperation.
- Follow National Safety Council's collision prevention formula:
  - Recognize the hazard.
  - Understand the defense.
  - Act in time.



At Your Fingertips . . .

SeniorDriving.AAA.com is a comprehensive web site for seasoned drivers and their families. You'll find tools that:

- evaluate and improve driving ability
- create awareness of mind and body changes
- help maintain mobility and independence
- keep you driving safely for as long as possible



0-4 points: Is your insurance up to date? Looks like you may need it!

5-7 points: You may be a swell person, but I'm not riding with you!

8-10 points: Not bad, but there's work to do!

11-12 points: Your family would be proud!

13 points: You get a star in the Defensive Driving Hall of Fame!

Look Out at Intersections

Drivers 65 and older are nearly twice as likely to be involved in fatal crashes at intersections as other drivers. When you approach an intersection, scan far ahead as well as left and right – there's a lot happening.

Be prepared for others to make a mistake. When the light turns green, wait two seconds while you scan.

Start across the intersection only when you are certain it is safe and clear. Left hand turns are more problematic for older drivers. Our ability to judge speed, distance and gaps between oncoming vehicles is diminished, but we have to make judgments about them simultaneously. If you have to drive a block or two up the road to take advantage of a left turn lane with a signal, do it! Or you can go through the intersection and take a right at the next corner. Two more right turns will take you around the block and on a straight line to go through the intersection in the direction you originally wanted to turn.

What About Backing Up???

Backing up can be a crash magnet for drivers of any age! If you can avoid it, do. But when you must back up, here are a few tips to make it safer:



- Before backing out of driveways or other areas where children or pets may be present, walk around your vehicle to be sure the path is clear.
- Scan your backing path as you approach it.
- Keep the inside of your vehicle quiet: turn down radios, audio players and fans.
- If weather permits, roll down your window slightly so you can hear any outside warning sounds.
- Place your left hand at the top of the steering wheel and your right hand on the back of the seat. Look over your right shoulder through the rear window.
- Keep checking mirrors and turning to look rearward as much as possible while you back up – you always want to look in the direction you're going.
- Avoid backing around corners or sharp curves unless there is good visibility in all directions. If you're not sure of your path, stop and continue backing only when you know it's safe.



Aggressive Driving

Aaarghh . . . It seems like those aggressive drivers are everywhere. Experts say aggressive driving causes almost seven million crashes a year! Driving too fast for conditions, excessively changing lanes, passing on the shoulder or cutting in front of other drivers and tailgating are all classic signs of an aggressive driver. You can't control them, but you can control how you respond to them. Here are some tips:

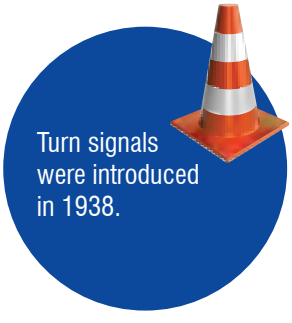
1. If you're in the left lane and someone wants to pass, move over and let them get by.
2. Put as much space as possible between your vehicle and that aggressive driver.
3. Don't make eye contact with aggressive drivers.
4. Don't use your horn to express your displeasure. No gestures, either!
5. Stay calm (even though it's not easy!) and focus on your own good defensive driving habits. They're your best protection against aggressive drivers.

Trooper Jack's Traffic Safety Tips



Driving is confusing sometimes. . . like why do we park in a driveway, and drive on a parkway?! Plain and simple, it's just not like it used to be. What worked before doesn't always work now. So here are some quick tips to help you stay safe in common situations. Those situations are rarely identical from one time to the next, so remember that safe, attentive driving requires that you be . . . well . . . safe and attentive all the time. There's no shortcut to safe driving.

Blind spots: As we age, turning to check those blind spots can be more difficult. Some blind spot zones can be reduced by simple mirror adjustments (see page 10). But there is no replacement for checking your blind spots to be safe.



Merging and changing lanes: As a merging driver you have to "fit in." Match your speed to the vehicles in the lane you're entering – they have the right of way. Always try to adjust your speed and position to avoid a collision. Start looking early for an opening. Changing lanes? It's similar to a merge except you're already on the roadway. Important for both actions: let other drivers know your intentions.

Parking lots: There's a lot happening here – pedestrians, backing vehicles, distracted people, shopping carts and running children. Take it slow and pay attention. Assume others don't see you. Give space to cars that are backing. Keep watching the entire time when you are backing. Practice pull-through parking – find an empty spot with another open spot right in front of it. Enter it, then drive up into the front spot. You'll find it easier and safer when you leave. Park near a light at night. You'll be safer and it will be easier for you to see other vehicles and pedestrians.

Look around: Scan far ahead and side to side to identify potential situations that are coming up. Identify the situation, assume the worst and formulate a plan. Then, if that something happens, you're ready to react. Driving is a task that requires full attention, with drivers making up to 100 decisions each mile, so stay focused and get all the information you can to help you make safe choices!

May I Have a Little Space, Please?

Each year more than a dozen law enforcement officers die on the side of the road after being struck by a passing vehicle. Ambulance, fire and tow vehicle personnel also face this danger. These incidents wouldn't happen if motorists would concentrate on driving and simply move over or slow down for emergency vehicles. It's the law in almost every state. In fact, it's a good idea to move over for any vehicle on the side of the road. If you're scanning far down the road, you'll recognize the potential hazard ahead. You'll have plenty of time to signal, check your blind spots and move over to the next lane, providing a cushion of safety. *Important:* We tend to steer where we're looking, so don't focus your attention on the side of the road. Continue to focus far down the road, and move over or slow down. It could save a life.





Driving Under the Influence of . . . Cold Medicine?

We know we shouldn't drink and drive. But what about medications? Many prescription and over-the-counter medicines can affect drivers the same as alcohol does. It's true! Slowed reactions and impaired decision making are two important areas typically affected.

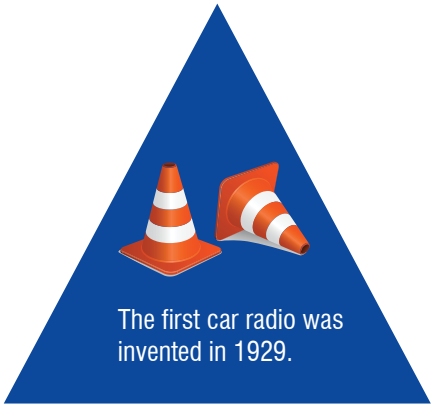
So, talk to your pharmacist about *all* of your medicines and discuss how they may affect you. Don't drive just after taking a new medication. See how you're going to react to it. But don't skip your medications because you need to drive. Talk to your doctor about what time of day you should take them.

And one more thing: Drowsy driving – whether because of medications or lack of sleep – can be as deadly as drinking and driving. In a recent AAA study, more than half of the respondents said they had fallen asleep at the wheel! The most effective way to prevent drowsy driving is . . . you got it . . . be rested before you slide behind the wheel. Get a good night's sleep before beginning a trip. Take plenty of rest breaks. Don't drive at times you'd normally be sleeping.

When in doubt or if you don't feel right, wait to drive or have someone else get behind the wheel.

Distracted Driving

You know it's true . . . anything that takes your eyes off the road, your hands off the wheel or your mind off your driving is just plain dangerous. Texting or using a cell phone while driving are obvious distractions, but adjusting a GPS system, eating, tuning the radio, reading a map – all take your focus off your driving. To minimize distractions, plan your trip, preset your GPS and radio, adjust mirrors, and put away your cell phone and anything else that might pull your attention from the important task of safe driving.



A Classic Conundrum

Can you spot the seven changes in this classic car photo?





Answers on page 19

What's Your Vision I.Q.?

Answers on page 19



1. We rely on the information we gather through our senses (vision, hearing, etc.) to be safe drivers. What percentage of the information needed to drive comes through our eyes?
   ❑ 65 – 74 percent ❑ 75 – 84 percent ❑ 85 – 95 percent

2. The amount of light we need to drive increases as we age. A 60-year-old driver requires ____ times the light that a 20-year-old needs. ❑ 3 ❑ 5 ❑ 10

3. True or false: Around age 70, loss of side (peripheral) vision can be a serious problem, making it harder to see people, vehicles and movements outside our direct line of sight. ❑ True ❑ False

4. It's recommended that after age 65, people get an eye exam:
   ❑ Every 3-4 years ❑ Every 2-3 years ❑ Every 1-2 years

Draw a line to match the physical change in one column to the effect it has on driving:

Physical change

a. The ability to change focus declines with age.

b. The eyes' lenses grow thicker, pupils shrink and eye muscles lose elasticity.

c. Colors become harder to see, especially red.

d. Peripheral (side) vision narrows with age.

e. Depth perception declines.

Effect on driving

a. More difficult to judge how fast other cars are moving.

b. Can take twice as long to distinguish the flash of brake lights as younger drivers.

c. Takes significantly longer to adjust focus from near to far.

d. More sensitive to glare (a 55-year-old takes eight times longer to recover from glare than a 16-year-old).

e. Requires extra caution at intersections and turning head to look from side to side.

Very Punny!

There was once a small snail who had always dreamed of becoming a race-car driver. One day he heard that he had inherited some money. Now his dream could be realized! He bought himself a car, souped it up, and then painted a large red "S" on it. When he was at his first race, a friend of his asked him why he had painted the big red "S" on the car. "Simple", the snail replied. "When people see my car go zooming down the track I want them all to say: Look at that S car go!!!!!!!!!!!"

Bright Tips for Safer Driving

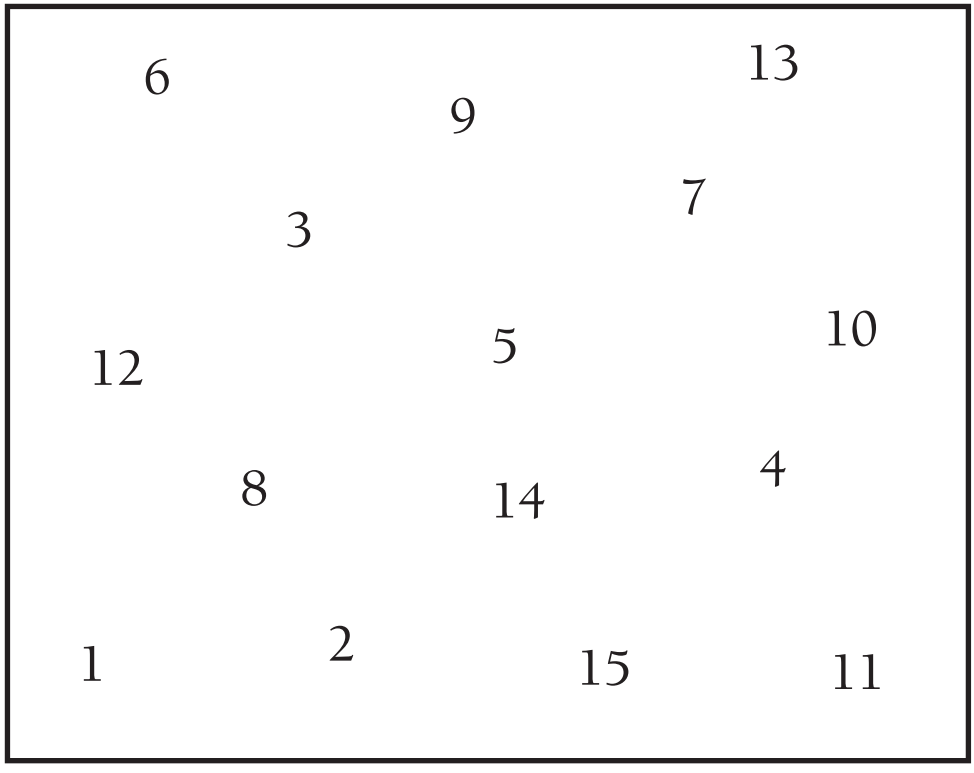
1. Keep headlights and taillights clean and cleared of snow or debris.
2. Keep windshield and windows clean inside and outside.
3. Adjust mirrors (see page 10) and your seat for best visibility.
4. Consider adding a larger rearview mirror to increase your range of vision.
5. If you must drive at night, choose routes that are familiar and well-lit, if possible.
6. Avoid driving when you're stressed, tired or taking medication that could cause drowsiness. This includes over-the-counter medications and supplements.
7. Turn your head to see side to side, especially at intersections, to make up for decreased side vision.
8. Keep your eyes up – look at the road ahead to see trouble before you reach it.

Beat the Clock:
Reaction Time Game



As we age, changes in reaction time can affect our driving. Test your reactions below and see how you compare with your age group. Put your finger on the number 1 in the bottom left corner. Give yourself 10 seconds to try and touch each of the other numbers in order (or ask someone to be a timekeeper).

How many did you touch? Try this three times and see if your score improves.



Scoring your results

1. Find your age in the left column
2. Look across to the right for the column with your score
3. Compare your score with the average of others in your age group

Reaction Time Score

AGE	Below Average	Average	Above Average
70 and over	1-5	6-9	10-15
60-69	1-7	8-11	12-15
50-59	1-8	9-12	13-15

Installing cable median barriers helps prevent cross-median crashes. Stay in the right lane except to pass. If it's slippery, don't pass. You'll risk sliding into the barrier.





AAA's "Roadwise Review" is an assessment tool that you can use on your home computer. It helps you examine your vision, reaction time and other factors related to driving. (See the AAA Senior Driving link on page 17.)

Too Much Technology?

Fred and Ethel were very excited to get a new cell phone. Fred called Ethel when he entered the freeway. "Ethel, put lunch on. I'm on my way home."

Ethel said, "Be careful out there, Fred. I hear some nut is driving the wrong way on the freeway."

Fred said, "It's worse than that, Ethel. Where I'm at, there are at least a *hundred* cars going the wrong way!!"



Customize Your Car – To Fit You!

The "fit" between the driver and the vehicle can make a difference for safety. Whether you're driving an older car or looking for a new one, keep the following in mind:

- You should have a clear line of sight at least three inches above the steering wheel. The steering wheel should be no higher than your shoulders. To achieve this, raise the seat position with automatic controls, use a seat cushion, or tilt or telescope the steering wheel.
- There should be at least 10 inches between your chest and the steering wheel/front airbag. But you need to sit close enough to the gas and brake pedals to be able to depress them completely and move your foot easily between them. Adjust the seat position or use pedal extenders to reach the proper distance. (Check with an occupational therapist for advice.)
- Adjust the head restraint so that the center of it is against the center of your head, not your neck.
- Your safety belt should rest against your shoulder and hip bones, not your neck and stomach. Manually adjust the position of the belts or use safety belt extenders.
- Reduce blind spots by adjusting your mirrors. The rearview mirror should show as much of the rear window as possible. The left and right side mirrors should just barely show the side of your vehicle. Larger, panoramic rearview and side-view mirrors are also available. *For a quick but comprehensive check of how well you and your vehicle work together, see www.Car-Fit.org.*

Buying a vehicle? They've changed, too!

Vehicles are being built to make crashes avoidable and survivable. Technologies that can help you avoid crashes include blind spot indicators, backup warning systems, lane departure warnings, collision avoidance systems, driver alertness monitors and headlights that adapt to the angle of the front wheels. These systems help compensate for decreased flexibility, vision and mental speed.

Crash survival technologies include enhanced safety belt and airbag systems, automated communications that alert emergency responders and collision preparation features.

Check your owner's manual to find out which of these technologies are in your current vehicle and keep them in mind when it's time to buy a new one. They can keep you driving safer and longer – but remember, they are no replacement for good, safe driving practices.

Stop signs were first used in the United States in 1915, in Detroit.



Take Good Care of That Baby!

Proper vehicle maintenance helps keep you safe, saves you money and averts inconvenient breakdowns. Read your owner's manual and follow its guidance and maintenance schedule. Here are a few things you can do on your own to keep your ride in top running order:

- Keep tires properly inflated and regularly check tire tread depth. Worn and improperly inflated tires affect safety and fuel efficiency.
- To help maintain good visibility, clean windows and mirrors inside and out, and keep mirrors properly adjusted. Remember to top off your window washer fluid.
- Replace wiper blades if they are worn or leave streaks.
- Despite your best efforts, you may have vehicle problems. If so, make sure your vehicle is in a safe place. Call 9-1-1 for an emergency or call roadside assistance. (Don't call 9-1-1 for roadside assistance.)



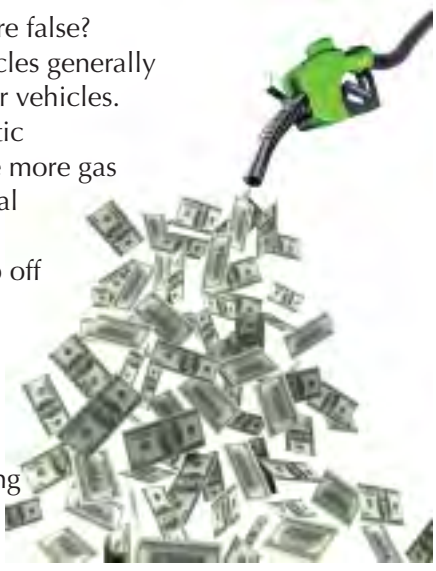
Test Your Fuel-Savings Savvy!

1 Speeding, jackrabbit starts and hard braking can reduce gas mileage by:
a. 20% b. 45% c. 33%

2 Which of the following are true?
a. Under-inflated tires are a safety hazard and can cut fuel economy.
b. A dirty air filter can reduce fuel economy by as much as 10%.
c. Smaller engines are usually more fuel efficient.
d. All of the above.

3 A loaded roof rack or carrier can cut gas mileage by:
a. 3% b. 5% c. 10%

4 Which of the following are false?
a. Four-wheel drive vehicles generally use less fuel than other vehicles.
b. Vehicles with automatic transmissions may use more gas than those with manual transmissions.
c. You should always top off your gas tank when filling up.
d. If you drive a lot on open roads, cruise control can help you save gas by maintaining a steady speed.



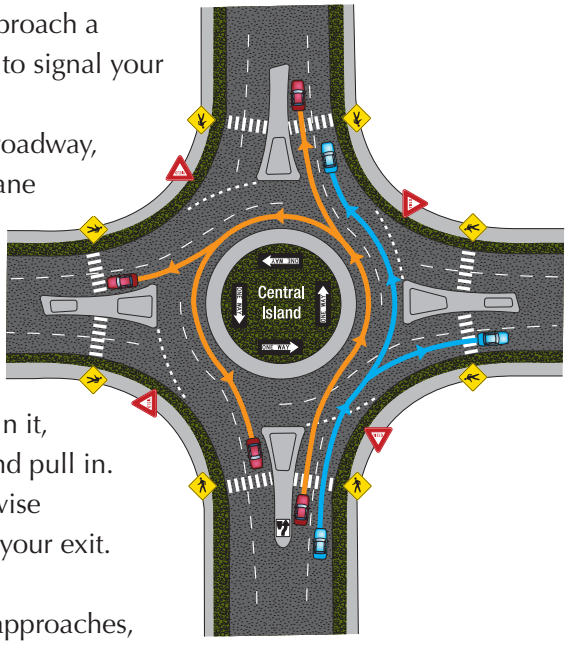
5 You're more likely to waste gas and be seriously injured in a crash if you drive over ___ miles an hour:
a. 35 b. 50 c. 60

Answers on page 19

Getting 'Round a Roundabout

Roundabouts help increase traffic flow and provide a safer intersection. But they can be intimidating if you're not used to them. Here are some simple tips to take you around a roundabout safely:

- Slow down when you approach a roundabout. Don't forget to signal your intentions.
- If you're on a multi-lane roadway, get into the appropriate lane just as you would with any intersection.
- Yield to pedestrians and bicyclists.
- To enter the roundabout, yield to vehicles already in it, wait for an open space and pull in.
- Drive in a counter-clockwise direction until you reach your exit.
- Don't stop or pass.
- If an emergency vehicle approaches, exit the roundabout immediately and then pull over.



Traffic Safety Snickers!

- A father in a hurry, taking his young son to school, made a turn at a red light, where it wasn't allowed.
"Uh-oh, I just made an illegal turn!" he said.
"That's OK, Dad," his son replied. "The patrol car behind us did the same thing."

- A policeman spots a woman driving and knitting at the same time. Driving up beside her, he shouts out the window . . . "Pull over!"
"No," she shouts back, "a scarf!"

- A motorist was mailed a picture of his car speeding through an automated enforcement zone. A $40 speeding ticket was included. Being cute, he sent the police department a picture of $40. The police responded with another mailed photo – of handcuffs.



Go Ahead . . . Strain Your Brain!

Keep your brain sharp to keep your driving skills sharp. Once we hit middle age, mental agility begins to decline, thought processes slow down and it's tougher to multi-task. The good news is that brain cells can continue to grow and develop all through our lives. By exercising our brains, we can enhance memory and the ability to concentrate, focus and stay alert. All are important to being good drivers. So – strain your brain to keep it sharp! Here are a few tips:

- Put your brain to work learning new skills.
- Play thinking and problem-solving games like Scrabble, Sudoku and Trivial Pursuit.
- Change your routine. Try driving a different route or brushing your teeth with your *other* hand.
- Get enough rest. Take naps – but not while driving!
- Stay physically active.
- Stay connected to family and friends – but not while driving!
- Watch your diet. High cholesterol and high blood pressure can affect the brain as well as the heart.
- Eat dark chocolate! It's good . . . and it's good for you!

Safety by Number

Fill in the grid with numbers so that every row, every column and every 3x3 box accommodates the digits 1-9, without repeating any.

Solution on page 19

				6				
2		6	9			7	3	
8			1			5		
4	2		6	3				
	5		7		1		6	
				8	4			9
		2			9			3
	9	7			3	8		4
				7				

Mixed Message

Unscramble each of the clue words. Copy the letters in the numbered cells to other cells with the same number.

Solution on page 19

BATLETSE

10					6	13	

DPTAA

FUSCO

7				

SONCITADRIT

1	11									

BAGRIA

	3				

NEITIRTONSEC

			4			8					9

EEGMR

		2		12

RUDOONAUTB

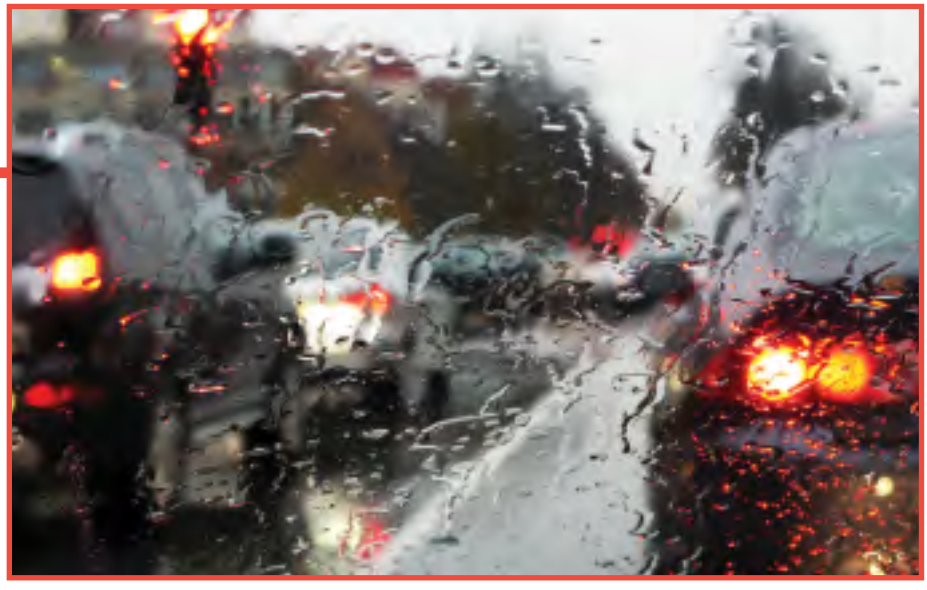
				5					

			V	
1	2	3		4

							V			Y		
5	6	7	8	9	10	11		12	13			

A Word to the Wise on the Weather!

Weather doesn't cause crashes … but it sure can be a factor! If the forecast is ominous, plan ahead before you drive.



Prepare your vehicle

Make sure windows are clean inside and out. Fill up with windshield washer fluid. Be sure tires have good tread and are properly inflated. Use your headlights even if it's daytime so you can see better and others can see you. Traveling in the cold? Clear snow, frost and ice off all windows and exterior lights before you go. If you become stranded, stay in your vehicle.

Foul weather warnings

Precipitation? No matter what its form, *slow down,* increase your following distance, take it easy on the brakes and take more rest breaks to help you stay alert. Don't pump your brakes or brake hard or take turns too sharply; you could lose control. Don't drive through standing water. (It only takes 6-12 inches of water to float away a vehicle!) Turn off the cruise control. Using it in slippery conditions can increase your chances of losing control.

If you skid

Take your foot off the brake. Ease off the gas. Steer in the direction you want to go (but be careful not to oversteer). When your vehicle straightens out, gently increase speed. And even though it's hard . . . stay calm. You'll make better decisions and be better able to maintain control.

One in every five drivers will be 65 or older by 2025.

Overall traffic deaths are dropping, but the number of older drivers involved in fatal crashes is growing.

Words for the Weather-Wise

Find weather-related words in the grid. Words can go horizontally, vertically and diagonally in all eight directions. *Solution on page 19*

D	A	E	H	A	N	A	L	P	G	G	Q	B	Q
G	B	R	M	T	T	N	D	S	K	I	D	L	J
T	R	Y	A	J	M	Y	O	T	M	C	T	D	R
M	Y	C	X	I	T	M	O	W	C	Y	S	J	S
H	W	J	Z	E	N	P	L	L	Q	R	A	X	U
G	N	T	F	N	V	D	F	T	N	O	C	Y	M
D	N	A	M	G	W	F	R	M	V	A	E	D	M
L	S	Z	H	H	O	O	K	O	G	D	R	K	E
K	Y	V	R	G	T	W	D	V	P	A	O	L	R
X	X	H	T	N	G	G	P	W	Z	S	F	V	S
W	X	N	T	T	R	L	N	Z	O	T	T	B	U
N	L	I	G	H	T	N	I	N	G	L	C	L	N
H	B	T	M	L	B	L	V	M	M	P	S	V	J
R	C	H	D	N	B	M	X	N	L	P	K	C	T

blizzard
flood
fog
forecast
icy road
lightning
plan ahead
raindrops
safety
skid
slow down
summer sun



Stepping Out Safety-Style!

Walkers and drivers share responsibility for pedestrian safety. Follow these tips for safer travel on foot or around pedestrians:

Walking?

- ✔ Use paths and sidewalks. If you have to walk on the road, walk facing traffic. You'll see oncoming traffic and be more visible to drivers.
- ✔ Cross at intersections or in crosswalks.
- ✔ Give yourself plenty of time to cross streets. Wait for a fresh green traffic signal before entering a crosswalk.
- ✔ Watch for turning vehicles even when the "Walk" signal is on.
- ✔ Make sure drivers can see you. Make eye contact. Wear light colors or retro-reflective material in low-light conditions and carry a flashlight if walking at night.
- ✔ Set a good example for children. Teach them how to cross the street safely when they are in your care.
- ✔ If you use a wheelchair or scooter, you're a pedestrian too. When possible, take time to plan routes to avoid hazardous crossings.

Behind the Wheel?

- ✔ Stop for pedestrians.
- ✔ Watch for children, especially around schools, school buses and parks.
- ✔ Be alert when turning corners.











It's a Sign of the Times!

Different colors and shapes of traffic signs mean different things, following standards set by the Federal Highway Administration. Have you noticed that more and more roadway signs in the United States use symbols rather than words? Symbols provide instant communication, break down language barriers and are becoming standard for traffic control devices throughout the world. Here's some help to interpret the traffic sign code!

Colors:

Red = stop, yield or caution

White = regulatory, such as speed limits or no left turn

Yellow = warning, for example, railroad crossing signs

Orange = temporary traffic control (around road construction, etc.)









Fluorescent green = alert to school zones, pedestrians and bikes

Green with white letters = directions and distance to different places

Blue = information signs, alerting you to rest areas, hospitals, campgrounds and more

Brown = guidance to recreation or cultural sites

Shapes:

Long rectangles = traffic regulations

Octagons = stop

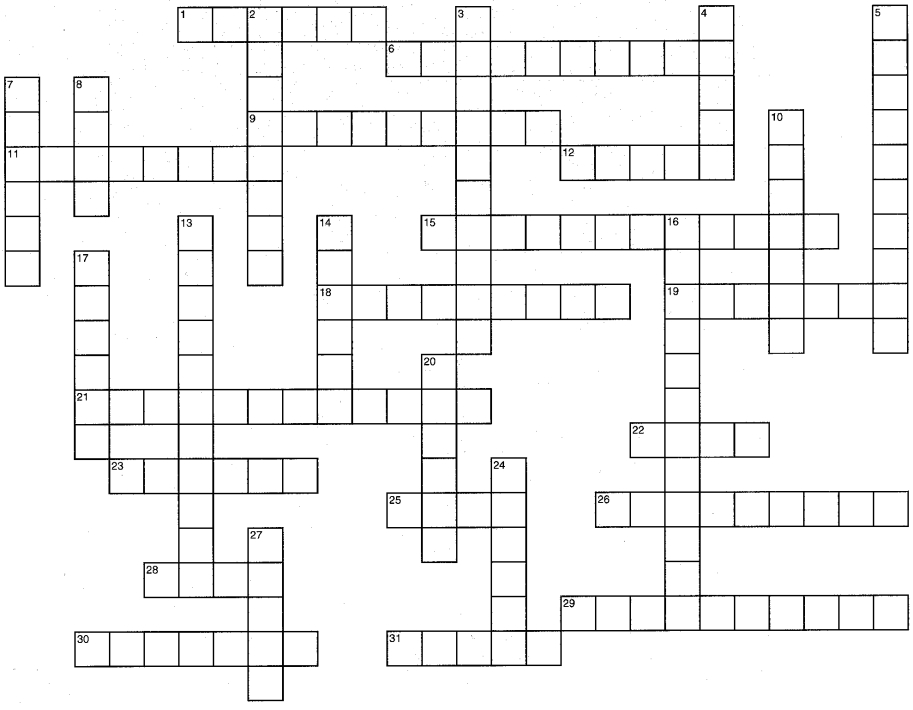
Inverted triangles = yield

Diamonds = warning

Wide rectangles = guidance, directions, distance

Circles = railroad crossing

Driving Us Nuts?!



ACROSS

1 Asian "nut" that's really a fruit
6 Tip for driving longer: _ _ _ _ _ _ _ _ _ _ and adapt to changes
9 A key to avoiding crashes
11 Keeps you from flying?
12 "On the Road _ _ _ _ _"
15 Bad time to take a nap
18 Happy sweet treat?
19 Major driving distraction
21 Where the hands go on the steering wheel
22 *East of Eden* star James
23 90% of driver info comes from this
25 One of the Strauss family
26 Well-behaved confection?
28 Jazz singer James
29 Helps reduce intersection crashes
30 Sneaky cause of driver drowsiness
31 Corporate strategy or driving challenge

DOWN

2 Nutty old tune?
3 Twisted way to prepare to drive?
4 Slang term for nut?
5 Modern boon and bane
7 Nut that needs a blessing?
8 "The Long and Winding _ _ _ _"
10 These oily nuts keep cholesterol down
13 Security for the grandkids?
14 Children's song . . . "Found a _ _ _ _ _ _"
16 Dangerous place to meet
17 "I Get _ _ _ _ _ _" (seasoned traveler/Beach Boys tune)
20 You need all of them to be a safe driver
24 In your vehicle, sit 10 inches from this
27 "Driving Miss Daisy" snagged her an Oscar

USE THESE WORDS:

Again	BoosterSeat	Intersection	NineandThree	Road	StayAlert	Texting
Airbag	Cashew	Levi	NutGoodie	Roundabout	Stretching	Vision
AlmondJoy	Chestnut	Lychee	OTCmeds	Seatbelt	Tandy	Walnuts
Anticipate	Dean	Melon	Peanut	Senses	Technology	WhileDriving
Around	Etta	Merge				

Solution on page 19

Airbags deploy very forcefully. To protect your face from being struck by your hands, the recommended positions for gripping the steering wheel have changed from 10:00 and 2:00 to 9:00 and 3:00.

For left turns protected by an arrow or light –
- Green: Go.
- Yellow/caution: Prepare to stop.
- Flashing red: Stop then go when clear.
- Solid red: Stop.

The first patent for an automobile safety belt was approved in 1885. The prototype for today's airbags was patented in 1953.

Riddle Me This!

Trooper: Why are you driving in a swim suit?
Motorist: I'm in a car pool.

• • •

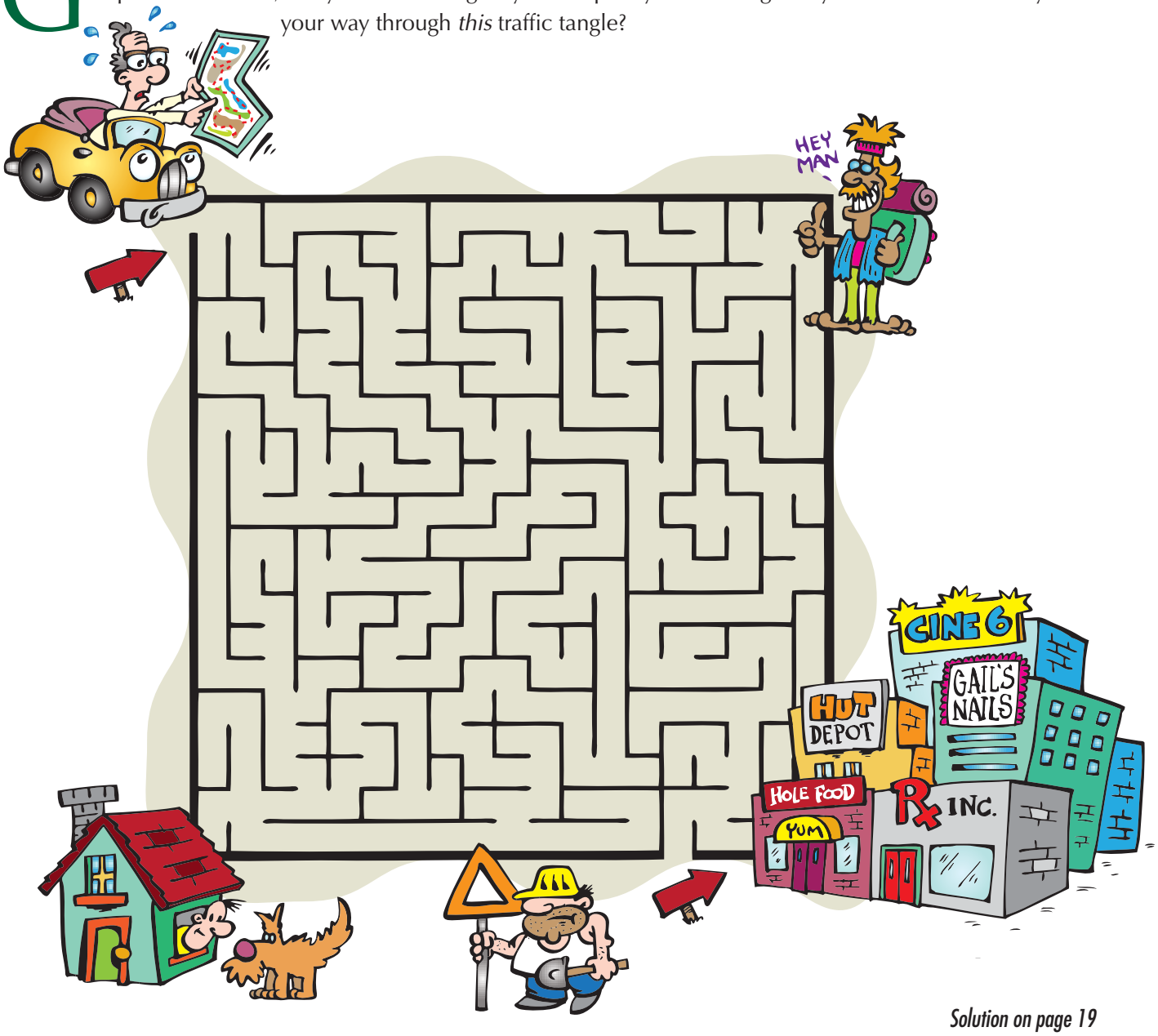
What do you call the life story of a car?
An autobiography!

• • •

Why couldn't the bicycle stand up on its own?
It was too tired! (two-tired)

Traffic Tangle

Getting from here to there can be challenging if you're on unfamiliar roads. Plan ahead: Create an online map and directions, use your GPS and give yourself plenty of time to get to your destination. Can you find your way through *this* traffic tangle?



Solution on page 19

Down Country Roads

A drive in the country might sound relaxing, but we need to stay focused – more than half of traffic fatalities occur on rural roads. Some advice: Don't crowd the center line, pass only when necessary and slow down around curves. If your wheels drop off the edge of the pavement, stay calm, slow down and then get back onto the road when it's safe. Be careful that you don't overcorrect. Watch for slow moving and recreational vehicles along the sides of the road or crossing it. Keep an eye out for critters, too. Sound defensive driving strategies apply even more out in the country – buckle up, slow down, drive sober and pay attention!

Children On Board!



There may be times when you'll have kids on board while you're on the go. You want to keep them safe, but what type of car seat should you use and how do you install it properly? Don't worry – you can do it! As they grow, don't skip a step:



1. Rear-facing seat as long as possible, until the child outgrows the height and weight limits of the seat. Experts now recommend rear-facing until age two (12 months and 20 pounds is actually considered the minimum size and age for changing to a forward-facing seat).
2. Forward-facing seat with a harness until the child is at least age four.
3. Booster seat until the child is four feet nine inches tall.
4. Adult safety belt will fit properly when child is more than four feet nine inches.

And no matter what type of restraint, remember – kids are safest in the back seat.



Common mistakes (that are easy to fix!)



- Harness straps on the child are not tight enough – if you can pinch harness material, it's too loose and you need to tighten it.
- Retainer clip on the harness is too low or too high – adjust it to the child's armpit level.
- Car seat isn't secured tightly enough – it should not shift more than one inch side-to-side or out from the vehicle seat. Center your weight, kneel in the seat and pull the safety belt tight.
- Babies switched to a forward-facing car seat too soon – keep kids rear-facing as long as the car seat allows (to age two is recommended).
- Children in the wrong seat for their size – don't rush a child into a safety belt.

Sources and Resources

Sources for *On the Go! A Safety Guide for Seasoned Drivers*

AAA
Minnesota Safety Council
Coaching Systems, LLC
Federal Highway Administration
Minnesota Department of Public Safety, Office of Traffic Safety
National Highway Traffic Safety Administration
National Safety Council

Learn More!

AAA

- SeniorDriving.AAA.com (includes "Roadwise Review")
- AAAFoundation.org
- AAA.com/Safety
- AAAexchange.com

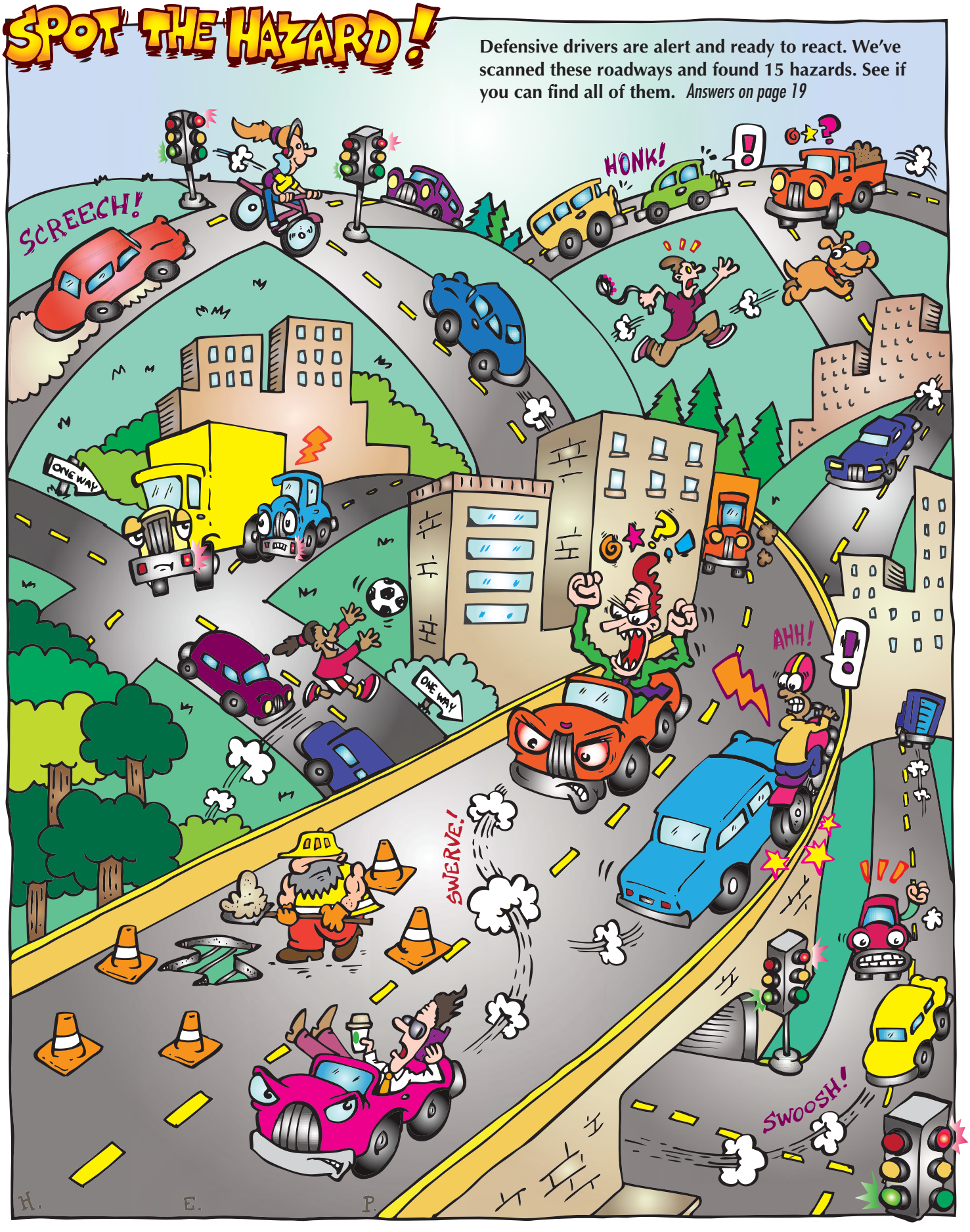
Minnesota Safety Council

- minnesotasafetycouncil.org/traffic

On the Go! A Safety Guide for Seasoned Drivers is a project of AAA and the Minnesota Safety Council. Additional funding provided by the Minnesota Network of Employers for Traffic Safety.

SPOT THE HAZARD!

Defensive drivers are alert and ready to react. We've scanned these roadways and found 15 hazards. See if you can find all of them. *Answers on page 19*



Vision Quiz Answers (page 8)

1. 85 – 95 percent
2. 3 times
3. True
4. Every 1-2 years

Matching Game

a.=c., b.=d., c.=b., d.=e., e.=a.

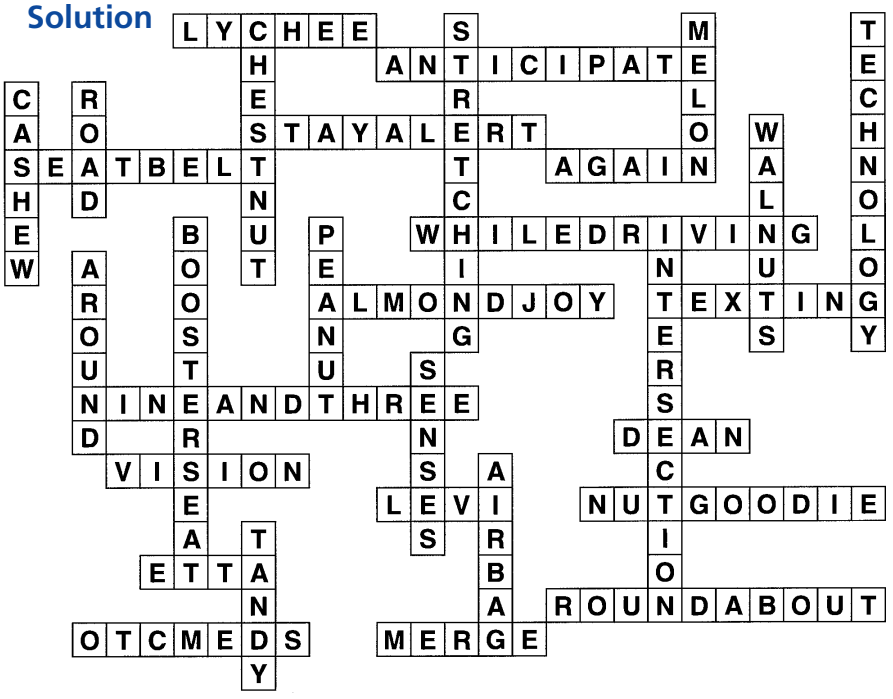
Answers for Spot the Hazard (page 18)

We found 15 hazards. You might have found more.

- Bicyclist is running a red light, wearing headphones and not wearing a helmet (three hazards in one!)
- Vehicle next to left-turning truck is in the truck driver's blind spot.
- Child is running out between parked cars.
- Driver on hill is following the car ahead too closely.
- Dog is running across the street.
- Driver in full-blown road rage and not wearing safety belt (two hazards).
- Driver doesn't see motorcyclist.
- Distracted driver on cell phone and drinking coffee, no safety belt and feet off the pedals (four hazards).
- Car coming out of tunnel ran the red light to turn left.

Driving Us Nuts?! Crossword Answers (page 15)

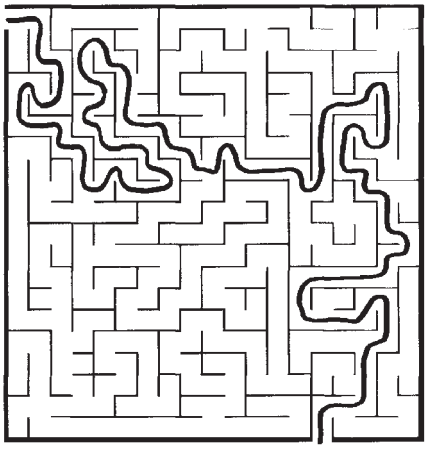
Solution



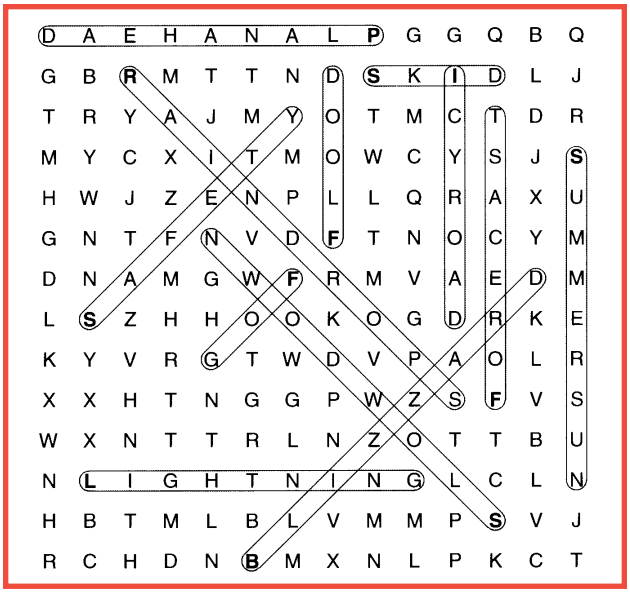
Classic Conundrum Changes (page 7)

1. Yellow stripe has been removed on pant leg of the man on the left
2. On the building front, the white pillar to the right of center is gone
3. Middle headlight color has changed to yellow
4. Crank handle extension at the bottom middle front of the car is gone
5. The number 18 on the windshield has changed to 16
6. Neck badge is gone on the man to right of the car
7. Shoe has changed to pink on woman to right of car

Maze Solution (page 16)



Words for the Weather-Wise (page 13)



Mixed Message Words Unscrambled (page 12)

SEATBELT
ADAPT
FOCUS
DISTRACTION
AIRBAG
INTERSECTION
MERGE
ROUNDABOUT

Fuel-Savings Savvy Solutions (page 11)

Answers: 1 – c; 2 – d; 3 – b; 4 – a and c are false; 5 – c.

Safety by Number Answers (page 12)

9	1	5	3	6	7	2	4	8
2	4	6	9	5	8	7	3	1
8	7	3	1	4	2	5	9	6
4	2	9	6	3	5	1	8	7
3	5	8	7	9	1	4	6	2
7	6	1	2	8	4	3	5	9
5	8	2	4	1	9	6	7	3
6	9	7	5	2	3	8	1	4
1	3	4	8	7	6	9	2	5



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MINNESOTA SAFETY COUNCIL

Making Minnesota A Safer Place To Live

Chapter of the National Safety Council