

# Safety Behind the Wheel

Whether it's heading to work or taking a special trip, Louisiana residents are no stranger to traffic jams and backups. Louisiana Department of Insurance wants to help you make it to your destination safely. According to the National Highway Traffic Safety Administration (NHTSA), traffic fatalities increased by six percent from 2015 to 2016. Here are a few things you should keep in mind before you hit the road.

## Safe Driving Tips

**Maintain your vehicle.** Have regular checkups, and make sure your tires are properly inflated and the lights work.

**Buckle up.** Seat belt use is one of the most effective ways to save lives and reduce injuries after a crash. Yet thousands die each year as a result of being unrestrained.

**Use smart driving positions.** Keep both hands on the steering wheel, and position them at 9 o'clock and 3 o'clock, or 10 o'clock and 2 o'clock.

**Maintain speed limits.** Obey all speed limits and watch out for hazardous road conditions.

**Adhere to the 3-second rule.** When driving behind a vehicle, there should be 3 seconds of distance between your vehicle and the car in front of you. That space assures your ability to properly react if something happens.

**Map out your route.** Taking your eyes off the road to program or look at a map can be a major distraction.

**Pay attention to the road.** Distracted driving is dangerous and the cause of frequent, costly and often deadly accidents. Limit your distractions, and never use electronic devices to text or surf the web while driving. Drunk or drug-impaired driving, speeding and drowsy driving are dangerous.



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