

# Safety Mentoring

Workplace & Leisure Safety for Young People

## Topic: Fast Driving Dangers

*Hurry up by slowing down. How taking some time can provide you with a whole lot more.*

As a driver, you know that many situations can cause you to lose time. Bad weather, heavy traffic, and detours are just a few of them.

What do you do then? Do you try to make time by driving faster, making a few less cautious approaches to intersections, or following too close? While it sounds contradictory, it could be wiser to “hurry up” by slowing down. In tough driving situations, rushing will get you nothing but problems.

The *National Safety Council* says your chances of being involved in an accident skyrocket when you substitute shortcuts for the expert driving skills you are capable of. We mean the skills you use when you are *not in a hurry*.



There’s an old expression that says, “You don’t *find time*, you *make time*.” When it comes to driving, those words mean a lot. You know you can’t find time to drive safely. You have to make time to do it.

The next time road problems put you behind schedule, remember: time used for safety is time well spent.

### **Dangerous distractions**

Driver distraction played a role in about half of all U.S. car accidents annually, according to an AAA report. Eating while driving was near the top of the list. Talking to a passenger in the car was first, while cell phone use accounted for just 1.5 percent of accidents. Other distractions included tuning the radio and adjusting heat or air conditioning.