# Take Back Our Roads: How to Survive on Our **Streets and Highways**



#### Take Back Our Roads-How to Survive on Our Streets &

**Highways"** by Kathleen Valentine

★ ★ ★ ★ ★ 5 out of 5 Language

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The roads and highways of our nation are a dangerous place. Every year, thousands of people are killed or injured in traffic accidents. But there are things you can do to protect yourself and your loved ones from becoming a victim.

## **Defensive Driving**

Defensive driving is a set of driving techniques that can help you avoid accidents. These techniques include:

- Being aware of your surroundings
- Scanning the road ahead
- Anticipating the actions of other drivers

- Leaving a safe following distance
- Avoiding distractions
- Driving at a safe speed
- Wearing your seat belt

By following these techniques, you can reduce your risk of being involved in an accident.

#### **Distracted Driving**

Distracted driving is one of the leading causes of traffic accidents.

Distracted driving is any activity that takes your attention away from driving, such as:

- Talking on a cell phone
- Texting
- Eating
- Drinking
- Adjusting the radio
- Talking to passengers

Distracted driving is dangerous because it takes your eyes off the road, your hands off the wheel, and your mind off driving. If you are caught distracted driving, you could be ticketed or even arrested.

#### **Drunk Driving**

Drunk driving is another major cause of traffic accidents. Drunk driving is driving with a blood alcohol concentration (BAC) of .08 or higher. Drunk driving is dangerous because it impairs your judgment, coordination, and reaction time. If you are caught drunk driving, you could be ticketed or even arrested.

#### **Speeding**

Speeding is another major cause of traffic accidents. Speeding is driving faster than the posted speed limit. Speeding is dangerous because it increases your risk of losing control of your vehicle, skidding, and crashing. If you are caught speeding, you could be ticketed or even arrested.

#### **Seat Belts**

Seat belts are one of the most important safety features in your vehicle. Seat belts help to keep you in your seat in the event of a crash, which can reduce your risk of being injured or killed. All 50 states have laws that require drivers and passengers to wear seat belts. If you are caught not wearing a seat belt, you could be ticketed.

## **Airbags**

Airbags are another important safety feature in your vehicle. Airbags inflate in the event of a crash to help protect you from being injured. Airbags work best when you are wearing your seat belt. If you are not wearing your seat belt, you could be seriously injured or killed in a crash, even if the airbags deploy.

### **Car Safety**

The safety of your vehicle is also important to your safety on the road. Make sure that your vehicle is well-maintained and that all of the safety features are working properly. You should also have your vehicle inspected regularly by a mechanic.

#### **Pedestrian Safety**

Pedestrians are also at risk of being injured or killed in traffic accidents. Pedestrians should always follow these safety tips:

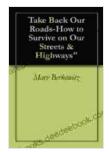
- Cross the street at crosswalks
- Obey traffic signals
- Look both ways before crossing the street
- Be aware of your surroundings
- Avoid walking in the street at night

### **Bicycle Safety**

Bicyclists are also at risk of being injured or killed in traffic accidents. Bicyclists should always follow these safety tips:

- Wear a helmet
- Ride on the right side of the road
- Obey traffic signals
- Be aware of your surroundings
- Avoid riding in the street at night

By following these tips, you can help to reduce your risk of being involved in a traffic accident. Remember, the roads and highways of our nation are a dangerous place. But by taking precautions, you can help to protect yourself and your loved ones.



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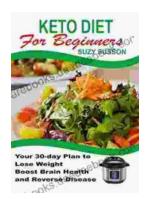
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