

# Tips for Safe Driving



## Tips # 1: Drive with care.

### Always-

- Plan your trips ahead of time. Decide what time to leave and which roads to take. Try to avoid heavy traffic, poor weather and high-speed areas.
- Wear your safety belt– and wear it correctly. It should go over your shoulder and across your lap.
- Drive at the speed limit. It's unsafe to drive too fast or too slow.
- Be alert! Pay attention to traffic at all times.
- Keep enough distance between you and the car in front of you.
- Be extra careful at intersections. Use your turn signals and remember to look around you for people and other cars.
- Check your blind spot when changing lanes or backing up.
- Be extra careful at train tracks. Remember to look both ways for trains.
- When you take new medicine, ask your doctor or pharmacist about side effects. Many medicines may affect your driving even when you feel fine. If your medicine makes you dizzy or drowsy, talk to your doctor to find out ways to take your medicine so it doesn't affect your driving.

### Never-

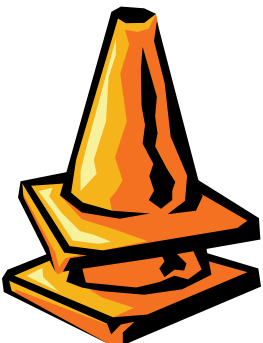
- Never drink and drive
- Never drive when you feel angry or tired. If you start to feel tired, stop your car somewhere safe. Take a break until you feel more alert.
- Never eat, drink or use a cell phone while driving.

### If-

- If you don't see well in the dark, try not to drive at night or during storms.
- If you have trouble making left turns at an intersection, make three right turns instead of one left turn.
- If you can, avoid driving in bad weather, such as rain, sleet or snow.

## Tip #2: Take care of your car.

- Make sure you have plenty of gas in your car.
- Have your car tuned up regularly.
- Keep your windshields and mirrors clean.
- Replace your windshield wiper blades when they become worn out.
- Consider using Rain-X® or a similar product to keep your windows clean.
- If you are shopping for a new car, look for a car with power steering and automatic transmission.



[www.fcsafecommunities.com](http://www.fcsafecommunities.com)

## Tips continued

### Tip # 3: Know where you can find a ride.

How do you get around when your car is in the shop? If you don't know the answer to this question, it's time for you to put together a "transportation plan".

A transportation plan is a list of all the ways that you can get around. Use this list when your car is in the shop or when you don't feel safe driving. Your transportation plan might include:

- Rides from friends and family
- Taxi
- Bus
- Senior shuttle services

If you need help creating a transportation plan, your doctor can help you get started.

### Here are some local numbers that might help:

COTA (Central Ohio Transit Authority)  
614.228.1776 or visit [www.cota.com](http://www.cota.com)

Acme Taxi  
(614) 299.9990 or 777.7777

German Village Taxi  
(614) 224.8888 or 221.2222

Yellow Cab  
(614) 444.4444 or 800.551.4222

Senior Independence  
(614) 433.0031

### Tip #4: Take a driver safety class.

To learn how to drive more safely, try taking a class. In a driver safety class, the instructor teaches you skills that you can use when you are driving. To find a class near you, call one of the following programs/agencies:

**AARP 55 Alive Driver Safety Program**  
1.888.227.7669

**AAA Safe Driving for Mature Operators Program**  
(614) 431-7909

**Central Ohio Area Agency on Ageing**  
(614) 645-7520

**OSU Medical Center**  
614.293.3833



Franklin County Senior Options  
(614) 462.6200

American Red Cross of Greater Columbus  
(614) 253.6705

Franklin County Dept. of Job and Family Services  
(614) 462.4000

