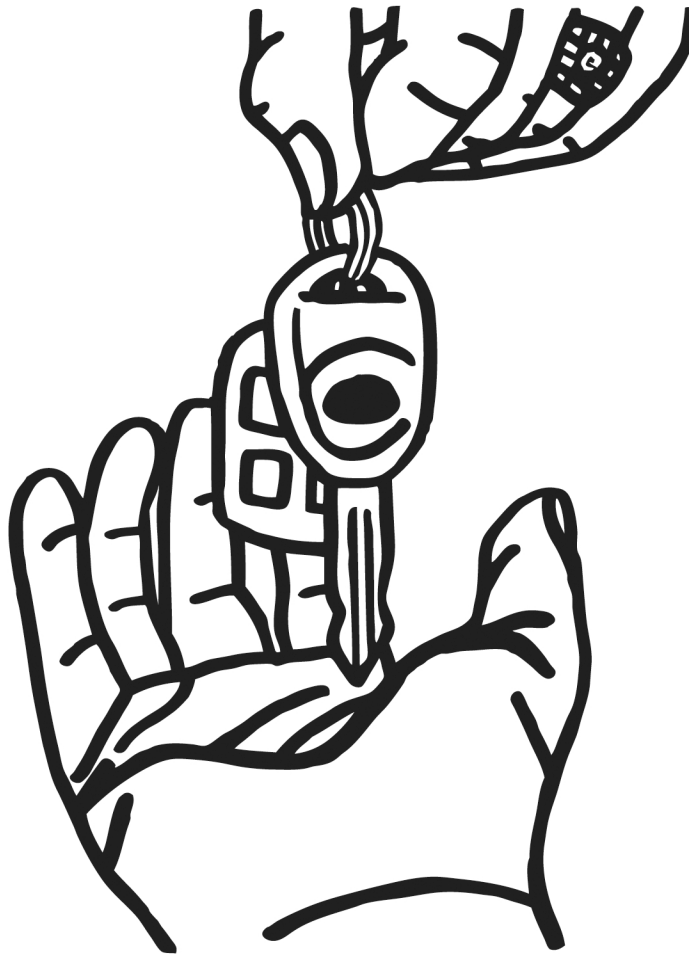




Street Wise
Driving Academy



Driver-Vehicle Readiness

An Informational Guide
On Preparing to Drive



603.540.4056



streetwiseda@gmail.com



streetwisedrivingacademy.org

Things to Do when Entering and Starting the Vehicle

Use the Key as a Cue to Fitness

When you put the key in your hand before you walk to the vehicle, let it serve as a cue for you to take inventory of how fit you are to drive. Are you emotionally fit? Did you get a good night's sleep? Are you tired?

Approaching the Car

Have your key in your hand with the tip of the key extending out between your index and middle fingers. This could help you avoid a carjacking situation. You do not want to spend unnecessary time digging a key out of your purse or pocket. Check behind your seat before entering your vehicle.

Lock the Doors

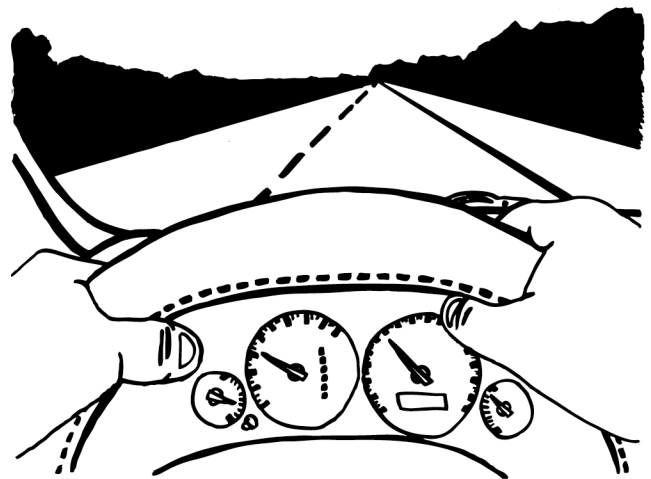
Locking the doors gives you security from carjackers and better protection during a crash.

Keep Your Windows Up

If the driver's window is partially open, a side impact can send the driver's head crashing onto the window's edge. This ultimately makes the window's edge like a guillotine.

Turn Headlights On

Having the headlights on during daytime conditions helps drivers detect your vehicle even when the driver is not actively and effectively searching for your vehicle.



Proper Seating Techniques

Butt in Seating Position

Push your buttocks all the way back into the seat, then sit up straight. You will gain a firm support, relieve lower back stress and adjust your seat. Have the seat belt across the hip bone. Stretch your arms over the top of the steering wheel. Your wrist should be even with the top of the wheel.

Head Restraint at Ear Level

The closer your head is to the head restraint, the less movement and the better prevention of neck injuries during rear end crashes.

Use Safety Belts

With safety belts on you will stay in the driving compartment. You have a better chance of avoiding a crash if you can control the vehicle by staying behind the steering wheel.

With a safety belt on you will stay in the vehicle. A large percentage of occupants who are thrown out of vehicles are crushed by the vehicle falling on them after they are ejected.

With a safety belt on, you slow down your body gradually. When the body is abruptly stopped during a crash, traumatic injuries result as the brain crashes into the skull.

With a safety belt on you're not thrown into the crash. The crash's momentum will cause unrestrained occupants to fly into the crash.

Occupants with safety belts will not crash into you. If you take a sudden swerving or hard braking action, unbelted passengers can come crashing into you, causing bodily injury and loss of vehicle control.