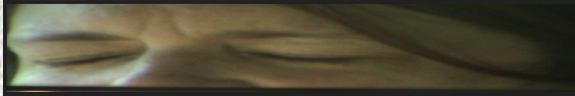




Extra Extra...

DAYLIGHT SAVINGS TIME ENDS THIS WEEKEND

DROWSY DRIVING KILLS!



This weekend, November 3rd, we fall back and lose an hour of daylight: that means more time driving in the dark -- a good time to guard against drowsy driving. Most of us have driven while tired. A 2006 study* showed, in fact, that an alarming 37% of drivers admit to actually falling asleep at the wheel.

Let your eyes shut for just 3 or 4 seconds and, at highway speeds, you've traveled the length of a football field, enough time to veer out of your lane into oncoming traffic or off the road and into a tree.

Police and traffic safety experts are acknowledging drowsiness as a factor in a significant number of crashes.

Drowsy driving is dangerous driving

You're a drowsy driver if you:

- Have difficulty focusing, yawn, rub your eyes, blink repeatedly.
- Daydream, can't recall the last few miles, become irritable.

- Have head snaps and nod.
- Catch yourself tailgating, drifting out of lane, hitting rumble strips.

Drowsy Driving = Drunk Driving

Tired drivers are impaired drivers. Whether you pull an all-nighter, or miss hours cumulatively, your brain shuts down and puts you at the same risk as driving with a .10 BAC.

Plan ahead

Before hitting the road you should:

- Get enough sleep. Most adults need 7-9 hours to maintain proper alertness. Teens need even more sleep.
- Schedule breaks along the way -- about every 100 miles or every 2 hours on long trips.
- Arrange for a travel companion to talk to and share the driving.
- Avoid alcohol and sedating medications.

*2006 study by National Sleep Foundation

Struggling to stay awake? Take these precautions:

- Get off the road if you notice ANY signs of fatigue; take a 15 – 20 minute nap.
- Consume caffeine – the equivalent of 2 cups of coffee can increase alertness for a couple of hours; wait 30 minutes for it to take effect; do NOT rely on it for long periods.
- Make sleep a priority; try to get at least 8 hours of sleep per night – 9 hours for teens and young adults.

The National Road Safety Foundation encourages you to drive safely. Traffic crashes are the leading cause of death for ages 3-33, killing over 42,000 people annually.

“Recognizing the Drowsy Driver” is a new FREE educational program that teaches signs of fatigue and ways to plan lifestyle and trips to avoid running the risk of a drowsy driving crash. RDD includes films, Power-Point and Discussion Guide, and is designed for use by teachers, employers, counselors, parents, students, public safety and community advocates. It is an extension of NRSF “Almost Home: Profile on Drowsy Driving” Program.

How to order:

Download all NRSF films and programs FREE at:
www.nationalroadsafety.org

Other programs include: “Speed and Aggression Tool Kit,” featuring award-winning educational films including: “*One Second in Time*” and “*LOV2XLR8*.”

NRSF promotes traffic safety through driver awareness, and encourage states and the U.S. Federal Government to adopt improved, universal driver training curriculum standards and monitoring practices as an integral part of GDL (graduated licensing laws) provision.



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