

# TAKE ACTION

to prevent motor vehicle collisions



## You can prevent crashes!

Being careless causes most motor vehicle collisions. Do your part to prevent such crashes.

### Quick Facts

- There is about one death per day because of motor vehicle crashes in Alberta.
- Most crash deaths occur on country roads.
- Males 15-24 years old are most at risk.

### Buckle up.

- Always wear a seatbelt wherever you are sitting. It is the law. The fine for not wearing a seatbelt is \$115.
- Find out if your child should be in a child safety seat, booster seat or wearing a seat belt in the back seat. Go to [www.albertaseatbelts.ca/parents-info.php](http://www.albertaseatbelts.ca/parents-info.php).
- Each person should have their own seatbelt. Have extra riders without seatbelts go in another vehicle.

### How can I stop drunk or high driving?

- Before you go out, make a plan to get home.
- If you have used alcohol or drugs, don't drive. Don't be a passenger of someone who has used alcohol or drugs.
- Call family, a friend or a cab for a ride. Take the bus. If there is no ride home, stay overnight.
- Remember only time can make you sober. Food, coffee and energy drinks won't do it.
- Set rules for your family and friends. Don't let them drive after they use alcohol or drugs.
- Report a drunk or high driver by calling 911.

### Slow down.

- Obey all traffic signals and signs including speed limits.
- Pass safely and don't weave through traffic.
- Allow other drivers who are signaling to pass into your lane.
- Come to a full stop at red lights and stop signs.
- Check for oncoming traffic at intersections. Check even if you have the right-of-way.
- Do you see an aggressive or rude driver? Take a deep breath and keep driving safely.

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**Keep your eyes, brain and hands focused on driving.**

- Don't use a cell phone when driving. Even hands-free cell phones are a problem.
- Adjust radio dials, eat or read maps before you start driving.
- Avoid being distracted by pets or people in the car.
- Falling asleep on the road? Park the vehicle in a safe place and take a nap. Take a break if you notice warning signs like:
  - You yawn a lot.
  - You can't remember anything about the last few kilometers.
  - You have blurred vision.
  - You drift out of your lane.


**Keep young drivers safe.**

- Learner drivers should get at least 60 hours of practice. That should include 10 hours of winter conditions.
- Young people watch your driving. They learn from you. Be a good role model. Follow the rules.
- Make sure teens follow rules about zero alcohol/drug use and no cell phone use when driving.
- Don't let your teen drive without adult supervision between 9 PM and 6 AM especially on Friday and Saturday nights until they get more experience.
- Crashes are more likely to happen when new drivers travel with other teens in the vehicle. Teens should travel alone or just with family members for the first 6 to 12 months.

**Do you need more information on how to prevent vehicle collisions? Contact:**

Government of Alberta: [www.saferoads.com](http://www.saferoads.com)

Alberta Occupant Restraint Program: [www.albertaseatbelts.ca](http://www.albertaseatbelts.ca)

**In your community contact:**

**Learn more about injury prevention.** Learn how to prevent injuries from affecting you and your family. Call us at the *Alberta Centre for Injury Control & Research*, at 780-492-6019. You can also send us an e-mail at [acicr@ualberta.ca](mailto:acicr@ualberta.ca) or visit our website at [www.acicr.ualberta.ca](http://www.acicr.ualberta.ca).