



## Safety Tips for Driving, Walking, and Bicycling – Keeping it Safe on the Roads This Summer

We know that the deadliest days on American roads are the 101 days from Memorial Day weekend to Labor Day.

“I would like to see people sit down with their children and talk about ways to stay safe,” says Councilmember Pete Constant.

One of the first things you can do to help lower collision rates around your neighborhood is to slow down. Slower speeds lead to shorter stopping distances which can be critical when inches are all that are needed to save a life.

Another often forgotten tool we have in our car is our turn signal. Using your signal to indicate an upcoming turn is the law. It is also a great communication tool for motorists. Driving with extreme emotions can also contribute to collisions. Don't let take the wheel if you're feeling angry or upset and of course never drink and drive after consuming alcohol.

Almost as dangerous as a drunk driver is a driver who is distracted. Turning around to calm the rowdy kids in the back seat or multi-tasking by eating, drinking, putting on makeup, or talking on a cell phone all contribute to the second main cause of accidents next to speed. As of July 1, 2008 drivers caught talking with a cell phone up to their ear can be given a ticket. For a list of questions regarding the new law click here: <http://www.dmv.ca.gov/cellularphonelaws/index.htm>.

Bicycle safety begins by wearing a helmet. A properly fitted helmet protects the most important part of the skull – the frontal lobe area of the brain directly behind the forehead. But wearing a helmet is not the only safety precaution necessary to avoid turning a bicycle ride into a tragedy. Safety between motorists and bicyclists begins with riding a bike as if you were invisible – that is, ride in way so that even if a motorist does not see you they will not hit you anyway. For bicyclesafe.com's list of “Ten Ways to Not Get Hit”, click here: <http://www.bicyclesafe.com/>

San José has had its share of serious accidents since the beginning of the 2008 summer. San José Police Department's Western Division Sergeant Todd Trayer advises, “Be aware of bicyclists. We are also seeing a high level of juvenile pedestrian/car collisions. If you're a parent, please teach your kids to look both ways before crossing the street.”

Looking both ways includes looking to the left, then right, then the left again before stepping away from the curb. The National Safe Kids Campaign provides a pedestrian checklist for parents which provide information for adult pedestrians as well. Click here for the checklist.: [http://www.usa.safekids.org/content\\_documents/ACF4C9.pdf](http://www.usa.safekids.org/content_documents/ACF4C9.pdf)