

### Tips to help you drive S.M.A.R.T.

- ♦ If you are going out and plan to drink alcohol, designate a driver.
- ♦ Do not ride with someone who has been drinking. Find a sober driver or call a taxi.
- ♦ Observe and obey posted speed limits, especially school zones and construction areas.
- ♦ Slow down when driving on wet roads and in other inclement weather.
- ♦ Be aware of all signs, flag people and workers identifying a construction zone.
- ♦ Keep the noise level down in your car so you can hear emergency vehicles approaching.
- ♦ Keep passengers buckled at all times.
- ♦ Seat all children under the age of 4 in a properly installed child safety seat.
- ♦ Use the passing lane for passing only; do not block it.
- ♦ Keep a safe distance between your vehicle and the vehicle in front of you.
- ♦ Plan journeys to avoid rush hours.
- ♦ Listen to soothing music when you drive.
- ♦ Allow plenty of time to get to your destination.
- ♦ Be a courteous driver.

### **For more information, please contact:**

Center for the Advancement of Public  
Health

George Mason University  
MS 1F5

Fairfax, VA 22030-4444  
(703) 993-3697 FAX (703) 993-3763

Check out our safety web site at:  
**[www.safety.gmu.edu](http://www.safety.gmu.edu)**

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### **For local information, please contact:**

Your local Police Department  
or Sheriff's Office

#### *Northern Virginia:*

Bob Weakley  
Community Traffic Safety Programs  
6308 Grovedale Drive  
Alexandria, VA 22310  
(703) 313-9443

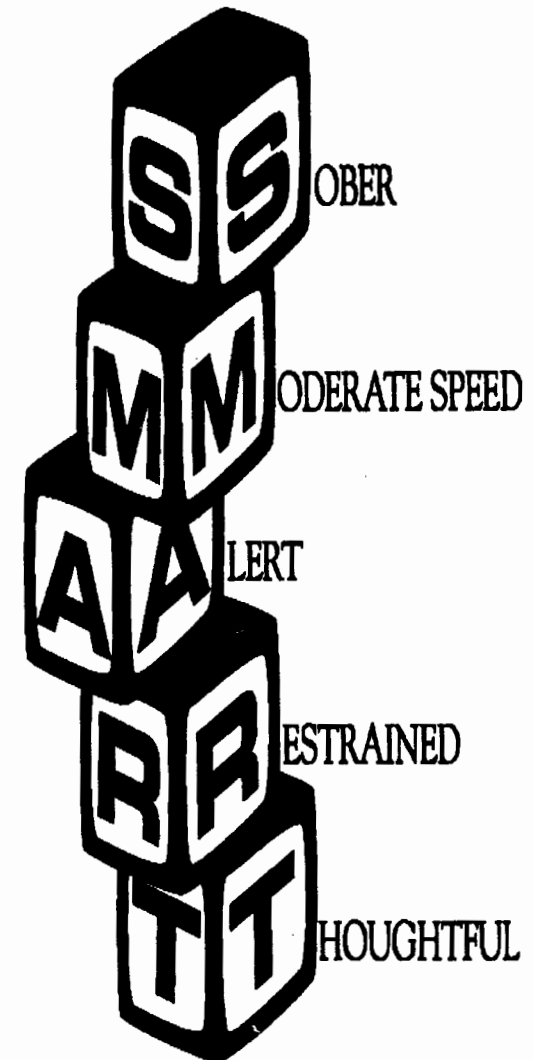
#### *Shenandoah Valley:*

Doug Stader  
DMV Harrisonburg  
1925 E. Market, #608  
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(540) 432-1506

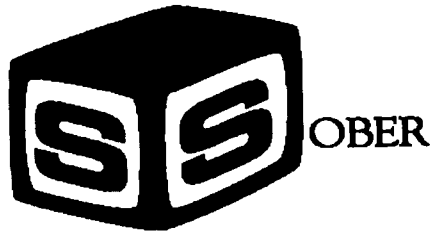
Funded by a grant from  
Virginia Department of Motor Vehicles

*Help make your trip a safe one for  
you and your family.*

*When you are on the road, please  
remember to drive...*



Please remember to drive...



## VIRGINIA

(National Highway Traffic Safety Administration, 1997)

- The blood alcohol concentration (BAC) limit is .08 percent. For a first offense, the administrative license suspension period is 7 days.
- In 1997, there were 302 alcohol-related fatalities and 9,124 alcohol-related injuries.
- Of the 30,473 persons arrested for DUI in the state of Virginia, 88.35% were convicted.

## NATIONAL

(National Highway Traffic Safety Administration, 1997)

- 29,535 persons tested with a BAC .08 percent or greater.
- Within a single year, 28% of all drivers in the United States have used either drugs, alcohol, or both within 2 hours before getting behind the wheel.
- In 1997, there were 2 alcohol-related traffic deaths per hour, 45 per day, and 315 per week. That is the equivalent of 2 jetliners crashing every week.



(National Highway Traffic Safety Administration, 1997)

- In Virginia in 1997, there were 984 traffic fatalities – 28% of those fatalities were speeding-related.
- The economic cost to society of speeding-related crashes is estimated by NHTSA to be \$28.9 billion per year which equals \$54,964 per minute or \$916 per second.



(Insurance Institute for Highway Safety, 1997)  
(Texas Transportation Institute, 1997)

- Motorists run off the road because of excessive speed, fatigue, or inattention. About 1/3 of motor vehicle deaths involve motor vehicles leaving the roadway and hitting fixed objects.
- Work zones can be confusing; every year more than 20,000 traffic crashes occur in highway work zones killing 700 and injuring 5,000.



(National Highway Traffic Safety Administration, 1997)

- In Virginia in 1997, 57.4% of persons involved in traffic fatalities were not wearing a seat belt.
- Research shows that when the driver of a car is buckled, 87% of the children are in safety restraints. When a driver does not wear a seat belt, restraint usage for children falls to 24%.



(“Steering Clear of Highway Madness”, Dr. John Larson, 1997)

- Nearly 1/3 of motor vehicle crashes and 2/3 of the resulting fatalities can be attributed to behavior associated with aggressive driving.
- Almost 82% of drivers get angry when someone cuts them off and 70% of drivers get angry at slow drivers.
- Violent traffic incidents recorded by police have increased 51% over 5 years.