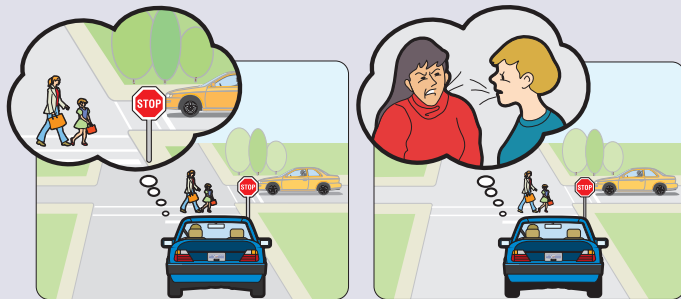


Be fit to drive

You in the driver's seat – part 2

It usually takes you 25 minutes to drive across town to the garage. When you leave home, it's 8:45 a.m. To make matters worse, the traffic is heavy, slowing you down even more. You find yourself swearing under your breath. And you are getting angrier about what your roommate said. You feel so frustrated that you notice you're having trouble concentrating on your driving.

What choice would you make?



Focus on your driving? ◀ or ▶ **Focus on the argument?**

You need to be in good shape to drive — alert and able to focus. Feeling angry or frustrated can cloud your judgment and slow down your reaction time.

You also need to avoid driving if you have an injury or illness that makes it hard for you to think clearly or quickly. Never drive when you are overtired. Even if you don't fall asleep, it's hard to respond quickly when you feel tired.

A driver who is impaired by drugs or alcohol is one of the worst driving hazards. This is because drugs and alcohol cause mental confusion and slow reaction times. Impaired drivers are much more likely to cause crashes that lead to serious injury or death.

Make good decisions

You have to make quick and accurate decisions when you drive. Will you be tempted to run a yellow light because you are in a hurry? Will you take your eyes off the road, to send a text message while driving? Will you take a chance and drive after you've been drinking? Being a safe driver requires learning, planning, predicting and thinking for yourself.