



Road Safety

FOR YOUNG DRIVERS





It's a fact: teenage drivers account for more auto accidents than any other age group.

According to the World Health Organisation every day just over 1000 young people under the age of 25 years are killed in road traffic crashes around the world. Road traffic injuries are the leading cause of death globally among 15–19-year-olds, while for those in the 10–14-years and 20–24-years age brackets they are the second leading cause of death.

However, by practising safe driving techniques - such as driving defensively - you can decrease the odds and keep yourself (and your passengers) safe on the road.

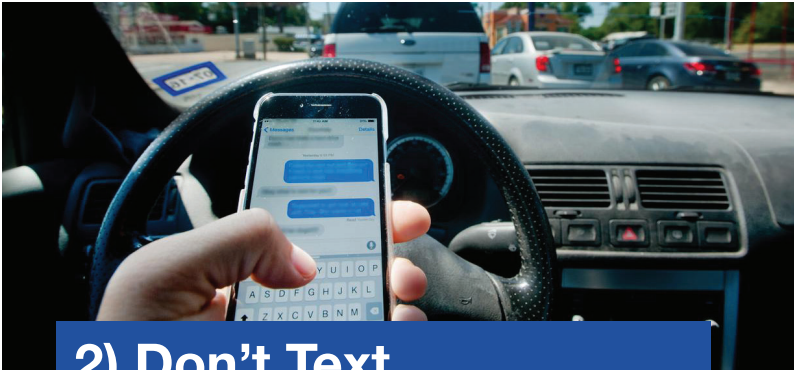
Safety Tips for Teen Drivers

Whether you're just getting ready to hit the road or have been driving for months - or even years - take some time to review these eight safe driving tips.



1) Keep Your Cell Phone Off

Multiple studies indicate that using a cell phone while driving is equivalent to driving drunk - that's even when using a hands-free phone.



2) Don't Text

Research show texting - on average - causes a loss of focus on the road for 4.6 seconds. You can drive the length of a full football field in that time. A lot can go wrong while you drive the length of a football field without your eyes on the road.

Don't try the "texting-while-stopped" approach either. When you have your head down, you won't notice key developments that may occur. Remember, you still need to pay attention to the road when you're stopped.



3) Turn on Your Headlights

Using your headlights increases your visibility and helps other drivers see you, even when you feel like there is still light out.

In the early morning and early evening (dusk), you need to use your lights or other drivers might not see you, which can be disastrous.



4) Obey the Speed Limits

Speeding is a major contributor to fatal teen accidents. That's especially true when driving on roads with lots of traffic, or with which you're not familiar.

Don't feel pressured to keep up with traffic if it seems like everyone else is flying by you. Driving at a safe speed helps ensure your well-being, and keeps you away from costly traffic fines.



5) Minimize Distractions

It may be tempting to eat, drink, flip around the radio dial, or play music loudly while you're cruising, in the neighbourhood however, all of these activities can cause your mind or vision to wander, even for a few seconds.

As an inexperienced driver, you are more likely to lose control of your vehicle. Distractions can significantly increase the chances that you:

- 1) Not notice impending danger or notice it too late.
- 2) Lose the ability to control the vehicle.

6) Drive Solo

Having a single teen passenger in your car can double the risk of causing a car accident. Adding additional teen passengers causes the risk to escalate.



7) Practice Defensive Driving

Always be aware of the traffic ahead, behind, and next to you, and have possible escape routes in mind. Stay at least three car lengths behind the car in front of you at slower speeds, and maintain a larger buffer zone with faster speeds.

It is recommended that teens take an approved defensive driving course to improve driving skills.



8) Choose a Safe Car

If possible, drive a safe car with the latest safety equipment (such as anti-lock brakes, electronic stability control and airbags), and one with an excellent crash safety record.

Teens Becoming Safe Drivers

There's no substitute for driving experience, but by applying the above tips you can enhance the odds that you won't become a teenage driver accident statistic. Also, when you have a good driving record free of accidents, it's easier to acquire cheap car insurance in the future.



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