

THE DANGER OF DRIVING

According to the National Highway Traffic Safety Administration, approximately 40,000 people die and 3.2 million people are injured on our roadways every year. The odds are that one day in the next six years you will be involved in one of these accidents. A third of all traffic fatalities involve someone who is speeding. You are 23 times more likely to have an accident if you text while driving and 11 times more likely if you drink and drive. Simply dialing your cell phone while driving triples your risk of an accident.

Did you know that it takes a car traveling at 60 mph about 271 feet to stop? That's almost as long as a football field. How

many of us keep that distance between the car in front of us on the parkways, LIE or Route 347? For every accident we are involved in, we typically experience 11 near crashes.

Knowing these facts, we all need to take steps to help keep us safer. Wear your seat belt, every time. Make sure your children wear their seat belts and use age appropriate booster seats or child car seats. Make sure that your headrest is adjusted properly, the top should be the same height as your ears. Don't sit too close to the steering wheel as you may hit the wheel before your seat belt can restrain you and the airbag can deploy. Keep your hands on the steering wheel at the 10 o'clock

and 2 o'clock positions to give yourself greater reaction time. Check your tires, as worn tires can reduce your stopping distance by 25 percent.

Let's all make the right choice to set good examples for our children by driving smarter. Keep it safe out there.

Mark T. Freeley, Esq.
The North Shore Injury Lawyer



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144 Woodbury Road, Woodbury, NY 11797

Office: 516-746-8100 • 24 hour: 631-495-9435 • www.northshoreinjurylawyer.com

