

Tips for Safe Driving

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by Security Chief Tim Moy

In an active senior community, safe driving is a priority. Whether it be a motor vehicle, electric car or golf cart, we all have the responsibility to practice defensive driving for ourselves and the well-being of those we share the road with. Over the past three years, an average of 147 accidents per year have occurred in the Village. The top three causes of accidents are: distracted driver, unsafe turning, and following too closely.

Chief's Top Ten Tips to Safe Driving:

1. Don't drink and drive.

As little as one drink can impair driving skills. Drugs, including pain and sleep medications, antihistamines and muscle relaxants may also negatively affect one's ability to drive safely.

2. Maintain a safe speed.

Observe and obey the posted speed limits. The most common speed limit in the Village is 25 mph, however in some areas the posted speed limit is 10 mph. Speeding gives you less time to react and increases the severity of an accident. So please, slow down!

3. Obey all traffic signs.

Avoid the "rolling stop" by coming to a full stop behind the limit line. Watch for cul-de-sacs that only allow one direction of travel.

4. Use caution when changing lanes.

Be courteous: cutting in front of someone, merging at the gate entrances, changing lanes too fast or not using your signals may cause an accident.

5. Don't follow too closely.

The most common collision type is caused by tailgating. Tailgating does not leave enough stopping distance between your car and the vehicle in front of you.

6. Avoid distractions:

Eighty percent of vehicle accidents involve some sort of distraction such as texting, talking on a cell phone, drinking or eating, and changing the radio station.

7. Don't drive drowsy.

Stay alert, arrive alive! Sleepiness and driving is a dangerous combination. Similar to the effects of alcohol, drowsiness slows reaction time, decreases awareness, impairs judgment and increases the likelihood of an accident.



Security Chief Tim Moy

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Tips for Village Drivers

8. Wear your seatbelt.

It only takes two seconds to buckle up and this simple act can be the difference between life and death in a serious traffic collision. Seatbelts save lives, and with the “click it or ticket” campaign, it may just save you a little cash as well!

9. Make sure your vehicle is in good running condition.

Keep your vehicle properly maintained by performing regular tune-ups, brake inspections, and a check of all fluids. Ensure your tires are properly inflated and have sufficient tread.

10. Practice defensive driving.

Slow down, especially during inclement weather. Check your mirrors frequently and watch for pedestrians. Look, listen and anticipate roadway hazards. Expect the unexpected, and don't depend on others to drive responsibly.

Know your limitations.

If a driving situation makes you uncomfortable, don't do it. For instance, you may decide to drive only during daylight hours if you have trouble seeing at night. If fast-moving traffic bothers you, consider staying off freeways, highways, and find street routes instead. You may also decide to avoid driving in bad weather. If you are going to a place that is unfamiliar to you, it is a good idea to plan your route before you leave so that you feel more confident and avoid getting lost.

Stay physically active; it can make driving easier.

Staying physically active improves your strength and flexibility. In turn, physical activity can improve driver safety by making it easier to turn the steering wheel, look over your shoulder, and make other movements while driving and parking.

Stay on top of your health.

Regular check-ups are critical to keep you in the best possible driving shape. Some senses, such as hearing and vision, tend to decline with age. Impaired hearing can be a concern for older drivers which could limit the ability to hear an approaching emergency vehicle or train. Common age-related vision problems — such as cataracts, glaucoma and macular degeneration can make it difficult to see clearly or drive at night. Ask your doctor how often to schedule vision and hearing tests.

