

PREVENTIVE DRIVING AND ROAD SAFETY



**All You Should Know
Before Hitting The Road**

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WHAT IS PREVENTIVE DRIVING?

Preventive driving means that while you are driving, you try to forecast other people's mistakes and you adjust and drive accordingly to prevent any possible accident situations coming up ahead, thus PREVENTING those accidents from occurring. So to be able to drive preventively you must learn how to recognize those situations and adjust your driving accordingly to all weather and road conditions.

**Be aware that there is no such thing as having priority on the road,
When it comes time to prevent accidents, injury or death from occurring.**

The preventive driver shares the road and does not drive with the road priority in his mind and drives with Patience, Courtesy and Understanding towards everything he encounters on the road and this includes, Children's, Pedestrians, Cyclist and other drivers on the road as well.

A PREVENTIVE driver does not drive with the idea that he should not take extra care because he is in his right of way or because the accident that might occur will not be his fault. A good preventive driver doesn't care whose fault it will be in an accident, he drives in a way to PREVENT those accidents from occurring at all cost.

For example, when I drive and that I come up to a cross road and that I don't have a stop and I see a car coming on the other road towards the intersection, I remove my foot from the gas pedal and I prepare to stop, just in case the other driver that is suppose to stop at that stop sign or red light....**doesn't**. I skipped quite a few accidents using PREVENTIVE driving and it also saved my life twice. Note that if you slow down too much the other driver might think that you will turn, so just keep driving but take extra care and be aware that he might cut you off at the intersection.

WHY DRIVE PREVENTIVELY?

By driving preventively and using extra care in those accident possibilities as you drive, you will prevent accidents from happening, save lives and maybe yours to. Driving preventively will also keep your mind busy and on the road at all times and you won't be DAYDREAMING or thinking about anything else then your driving.

WHAT IS DAYDREAMING?

FOR EXAMPLE...On most accidents that occurs when the driver that caused the accident say that he did not see the Car, the Cyclist, or the Pedestrian, it's because he probably was thinking about something else then his driving. He sure could not see those obstacles because he was only seeing in his mind what ever he was thinking about. **And so he was daydreaming.**

His mind was somewhere else and he was driving only with his subconscious mind (LIKE LOTS OFF PEOPLE DO) and his brain was only showing him the lane just in front of his car and on each side of the road, so just enough to stay on the road but not enough to see what was up ahead in front of him.

Did you know why that most accidents that occurs, are when the people are the closest to their home?.....IT'S BECAUSE THEIR MIND WAS ALREADY THERE.

Be aware of the fact that while you are driving, other people could also be daydreaming too from time to time and this include, other drivers, cyclists and pedestrians as well.

Nobody wants to admit that their DAYDREAMING was the real cause of an accident, because first of all most people are not aware of this fact, and if they knew about it, they would probably lie to themselves to avoid culpability and to preserve the guilt from harassing and troubling their conscience.

PEOPLE, remember when you were in school and that you were daydreaming in the classroom, and while you were thinking about something else, that the blackboard and the Teacher disappeared in front of you and with your eyes wide open you could only see what ever you were thinking about until the teacher found a way to bring you back to reality.

Well its the same thing that happens when you are driving and that you are thinking about something else like < What will I do for supper?, What will I do when I get home?, What do I have to get for the kids?, What will I wear tonight at the party? Where will we play the next card games? > The problem is with the human mind is that when you think about something (and that could be anything at all) your mind shows you the pictures of what ever you are thinking about and that pictures takes priority on your conscious vision, so now you can't see clearly of what's up ahead on the road because your brain overlaps the image of what ever you are thinking about and your brain puts it right in the middle of your vision. Its like if you would put a pizza plate in front of your face blocking your conscious and clear vision that is mostly in the center, and your brain only show you the unconscious part of your vision around the center and so you see just enough to stay on the road but not a thing of what is ahead of you. **So be honest with yourself and realize that daydreaming is a major cause of accidents and that it can kill and will kill people. So DON'T EVER fool yourself about this and take the chance to THINK about something else then your driving while you are in your car and driving. This is a very dangerous practice and everybody does it. Why didn't anybody told you about this before?**

Well I guess they didn't have my experience and my expertise on that subject.....**DID THEY?**

HOW IS IT POSSIBLE THAT THE IMAGE OF WHAT EVER WE ARE THINKING ABOUT, CAN OVERLAPS WHAT WE SEE WITH OUR EYES AND SEE BOTH IMAGES AT THE SAME TIME?

To explain that one I have to tell you a little bit about the human vision and the human brain. First of all be aware that your eyes don't see the objects that you are looking at, they only see the light that reflects from those objects and that enter your eyes. Your eyes have 100 thousands **(100,000)** light detectors that detect those reflected lights beams called (Photons) and sends them to the midbrain for decoding. The pupil in the center of your eyes will become smaller if there is too much light coming in, or bigger if there is not enough light. The image that is formed by those detectors is inverted by the lens in the eye, because the eye is mostly just like a Lens in a camera. So your image is upside down when it leaves the eye and goes to the MIDBRAIN for light and color decoding. The MIDBRAIN decodes those lights and colors and reverse the image so that you wont see upside down and the midbrain then sends that decoded image to the part of the brain that is called **THE PRIMARY VISUAL CORTEX** and it is located in the back of your head just above your neck and it acts as a big viewing screen and it's in this part of the brain that the real vision cells are and those cells will let you see what ever you are looking at with your eyes and also what ever you are thinking about with your mind and the brain will always gives priority to your thinking image then what ever you see from the outside world because you are the boss of your own destiny and you are responsible for your actions, so **it's not** your brain who decides if you can think about something else then what you are doing, **IT'S YOU. So if you allow yourself to think about something else while you are driving you are the only one responsible for the accident that might occur, not your brain.**

The mind is a very fascinating instrument and we can only control what we can understand and we only use 10% of its full capacity so we don't fully understand how it woks. Overlapping thinking images over your vision from the outside world is a process called IMAGES IN ACTION. This is where the word IMAGINATION comes from. Break it down and it becomes IMAGE IN ACTION. What ever you think about, you can see it in action with your mind, IMAGES AFTER IMAGES. Those images come and goes like a slide show. It is not a video but one image after another that show you what ever you are thinking about because your mind has those images in storage and show them to you when you think about those things so that you can make a better decision by relating to the images that you can see in your mind.

This process of thinking and seeing images in your mind is very good to keep your mind working and to promote more activity and creativity to your brain, and all this will also contribute to elevate your I.Q. but it is not something that should be done while you are in your car and driving.

Note that without the PRIMARY VISUAL CORTEX, you would be completely blind.

The reason why I explain this in details is to let you know that **it's the brain that makes up the image that you see, but not the eyes** and when you think about something else, the brain that is at your command, will always overlap your thinking image over the center of what ever you see with your eyes from the outside world. You must therefore realize that it's the brain that does all the work and that the function of the eyes is only to translate the electromagnetic vibrations of light photons into patterns of nerve impulses that are transmitted to the midbrain. You must also know that the sharpest part of the image that you will see will be in the center of that image and this section of your vision is called the **Conscious Vision**. (The size of the center image depends of your focus and the focus being if you are looking to a close or a far object) Everything else that you see around the center will be fuzzy and it is called the **Unconscious Vision**.

Thus the center of what you are looking at is the sharpest of the image that you will see but in low light conditions, it's the unconscious vision around the center of your vision that is better to detect low light reflection, so you will see much better at night in the section around the center of your vision.

Note also that it is the combinations of both images seen by your left and right eye witch are at different angles that will give you the sense of distance and the three-dimensional aspect of what ever you are looking at.

So if you are thinking about something else while you are driving or not or doing anything else, **your brain that is at your command will ALWAYS give priority to what ever you are thinking about and it will overlap your thinking image over the center of what ever you are looking at with your eyes from the outside world. (THAT'S RIGHT, right over your center vision).**

VERY SCARY ISN'T IT? Now your conscious vision is whatever you are thinking about, so now you are driving on **AUTOPILOT** and only with your unconscious vision that is around the center and fuzzy and you sure can't see a thing about what's ahead in front of you on the road because your brain is overlapping your conscious and clear vision with your thinking images. So most of what you see now is what ever you are thinking about. You are now a potential killer on the road, and you let your brain do the unconscious driving all by itself.

Note also that most accidents are occurring is when people are driving on a road that they know very well and take everyday. So driving on a road that you take often could also become mechanical and you will probably let your guards down and allow yourself to think about something else then your driving, and you will probably think about what you are going to do when you get home. PLEASE wait to get home out of the car before you can let your mind go wild.

SO NOW YOU KNOW AND DON'T EVER FOOL YOURSELF ABOUT THIS.

**AS A PREVENTIVE DRIVER, WHAT SHOULD I BE LOOKING FOR,
TO PREVENT ACCIDENTS FROM HAPPENING?**

In the following text when I say look for (ANYTHING) coming your way, this means to look for, kids, pedestrians, cyclist, animals, motorbikes and other vehicles, and always expect the unexpected.

- WHEN COMING UP AT A CROSSROAD AND THAT YOU HAVE THE RIGHT OF WAY.

Look carefully on both side of the upcoming intersection and if you see **anything** coming towards that intersection, **slow down** and prepare to stop just in case they are DAYDREAMING and that they don't realize that they have to stop at a stop sign. One hint that might let you know if they will stop is if you see them slowdown, but even then, never let your guards down and think that they will stop, always expect the unexpected.

- WHEN COMING UP AT AN INTERSECTION.

Realize that at different intersection that there might be, two way, three way or four way stops, and sometime this can get very confusing if you go through many intersections and that they are all different. To be on the safe side, anytime you are coming at an intersection, slowdown and prepare to stop. Look to see if you have a stop sign on your side and as well on all other sides. Look also if **anything** is coming towards the intersection on all other directions before proceeding ahead and through that intersection.

-DRIVING THROUGH A GREEN LIGHT.

You have an intersection coming up ahead and the light is green at that next intersection. You must always look far ahead to see the next intersections to be aware of how long the light has been green or red. If the light was green for a long time (This light is now called an old green light) suspect that it might change at anytime before you get to that intersection. **Don't ever** race the lights or rush through them, because you won't have time to check the other directions for anything coming your way.

- DRIVING ALONG PARKED VEHICLES.

This is very hazardous because you can't see if there is a kid between the cars and that he might decide to run across the road and also someone could be in one of the cars and decide to suddenly open the door right in front of you. To drive preventively along parked cars, you must look under the parked cars when you are far away from them and this way you will see foot and shadows or anything that could be between the cars and if you do see something, proceed very slowly and honk the horn. Also check in the side view mirror of those parked cars and if you see a face in the other car's mirror, its because there is someone sitting at the driver seat. If you see that person moving in a way to get out of the car, make sure that this person knows that you are coming. You might flash your high beam lights or honk the horn to let them know that you are coming.

- PASSING CARS ON THE HIGHWAY (From the passing lane).

You are in the passing lane and you are passing one or many cars at the same time. Think about their DEAD ANGLES and be careful when you are in somebody else's dead angle. Look to see their face in the side view mirror before you pass them, because if you can see their face in their side view mirror, this means that they can also see you and that you are out of their dead angle. So always make sure that other drivers are aware that you are there and that you have the intention to pass them.

WHAT DOES <STOPPING DISTANCE> MEANS?

A STOPPING DISTANCE is the distance that it will take for your vehicle to come to a full stop from the time that you realize that you have to stop. So in this distance, the time your brain needs to realize that you have to stop is also included and also the time to react and to put your foot on the break and to come to a full stop. **Then what would be the distance required to follow other vehicles at a SAFE STOPPING DISTANCE?** This distance use to be calculated in miles per hours versus car length on a clear day and with a dry pavement, but to be on the safe side I calculate this distance in kilometer per hour. For example lets say you are driving at 40 Km per hour, then the safe stopping distance on a clear day and a dry pavement would be four cars distance from the vehicle in front of you. So to keep a safe stopping distance you must not be any closer then four cars distance from the car in front of you if you are driving at 40 Km per hour. So if that car for any reason suddenly decides to stop abruptly, by the time that you realize it and that you put your foot on the break and that you come to a full stop, your four cars distance will be almost used up.

- APPROACHING, HILLS AND CURVES.

Use also that stopping distance when driving up a hill if you can't see far enough on the other side and also driving on a curved road if you can't see what is after that curve. There might be an obstacle on the road, or a stopped car or somebody driving out of a driveway or a kid or an animal crossing the road. This means to slow your speed down when you are driving on hills and curved roads.

So always drive with the safe stopping distance in your mind and also keep in mind that a safe stopping distance is base on a clear day and on a dry pavement. On other driving conditions like on Wet, Icy Roads or at Night, you might want to double and triple your safe stopping distance just to be on the safe side.

OTHER GOOD DRIVING PRACTICES.

- ALWAYS KEEP YOUR EYES BUSY.

The best thing to do to prevent you from becoming hypnotized by the road is to keep your eyes busy at all times, and this in turns will help you to be always aware of what is going on around you. Being hypnotized by the road is a term that refers to be <going into mechanical driving> witch will in turn probably bring you into daydreaming. But when you drive for a long period of time on a strait highway with nothing to do, or on a trajectory that you take every day, eventually you are bound to think about something else then your driving. For a preventive driver there is always something to look out for. Don't just look ahead and behind you, but look also on each side of you from time to time, just to remove your eyes from the road.

When you take your eyes off the road you better make sure that you are not following anything too close, and only do it for a split second Never take the leisure to look at the scenery if you are going up a hill or on a curved road. **Always do it only if it is safe to do so.** When I drive I look far ahead of me then in my rear view mirror to always be aware of what is going on behind me and to make sure that nobody is following me too close and then I can look for a second only on one side or on the other side to check the scenery, but not on both sides since this would take too long and the conditions ahead might have changed.

Never forget that road conditions always changes at every turn of the wheels.

- ALWAYS HAVE A (WAY OUT) IN MIND.

This means to be always on the look out for a fast exit just in case that your lane becomes obstructed unexpectedly. FOR EXAMPLE.....As I was driving home one night I saw a car coming my way. I checked if there was anything behind me and also if there was other vehicle behind the one coming towards me, and there was no other vehicle coming. I was then thinking that if that car that is coming towards me decides suddenly to turn left and cut of my lane without any signal or warnings, where do I go? Well as a good preventive driver I expected that this car would cut me off and if it did I would change lane and go around it since there was no other vehicle coming behind it, and if there was other vehicle behind it, the ditch was the second option. It's much better to try to find a way out then to hit a car head-on coming your way. Add your speed to the other car's speed if you want to know the real speed of your impact. I was only 2 Km away from my home and lucky for me that my mind was on the road and that I was driving preventively because sure enough that car suddenly turned left just in front of me without any warning or signal and I had only a split second to veer left to go around it in the other lane.

I sure didn't have the time to check for an exit after that driver cut me off unexpectedly.

I learned later that this man had a drinking problem and that he was turning in his driveway to his home. It was 22:00 hrs, and I was tired because I worked all day and I was anxious to get home. Lucky for me that I didn't have my guard's downs and that my mind was not already home. That would have been another statistic of accidents occurring when a driver is close to his home.

This was the perfect recipe for a fatal accident and my preventive driving saved my life again, and probably the other driver's life also.

HOW TO DRIVE IN ALL KINDS OF WEATHER CONDITIONS:

First be aware that on a highway if you drive slower than 40 Km per hour, or even slower than the minimum speed limit for any reasons, you must put your emergency lights on to let other drivers know of your slow speed.

- FOG.

Fog is one of the most hazardous and dangerous driving condition on the roads, and if you don't have to drive in this road condition, **Please stay home**, but if you absolutely have to go on the road, you should have FOG LIGHTS. They will give you a better vision in fog and in heavy rain and snow conditions, so get yourself some good fog lights installed on your front bumper. Fog lights are yellow because that color does not reflect as much on fog as white light does. Also don't put your high beam because the light will reflect more the fog rain or snow and this will prevent you from having a clear view up ahead and it will blind you instead of giving you a better view. IN those conditions always use your low beam and turn your fog lights on and keep in mind your stopping distance. The stopping distance also applies if you don't see far enough and also adjust your speed accordingly.

- RAIN.

Rain like fog could be very hazardous so again use your fog lights and only use your low beams. Realize that on any surface the faster you go the less traction you have because the less weight your car will have on the road. On a wet surface you will lose traction because of your speed since the water is between your wheels and the pavement. If your tires don't evacuate the water fast enough because you are driving too fast, then you are no longer on the road, you are only on water. This is why you must drive more slowly if the roads are wet and also because of poor visibility at night on wet roads. Also if your tires are in bad conditions and that the threads are not deep enough to evacuate the water, then you will lose contact with the road (no more traction) and you might lose control of your car because it will get very slippery. Realize also that cars and trucks have leaks and are always dripping oil grease or gas on the pavement and when it rains this oil grease and gas spreads on the road and can cause the road to be very slippery, especially if it rains, so keep that in mind and be very cautious on a wet road surface.

- BLACK ICE AND HOW TO KNOW IF THERE IS BLACK ICE ON THE ROAD.

BLACK ICE is a very thin type of ice caused by humidity and frost on cold nights when the temperature drops just below 0 degree Celsius. On a cold morning before the sun heats up the road there could be black ice if the temperature is close to the freezing mark and this type of ice is very dangerous because you normally can't see it. The road is sometimes a little darker where there is black ice but this is not always the case, so be very careful if you drive early in the morning before the sun warms up the road and if the temperature was close to the freezing mark over night. In those conditions always expect to have black ice on the road. Slow down in curves and don't step hard on the breaks or make any quick movements on the steering wheel, and slow down before you get to a curved road and be more gentle with gas and break pedals.

- ICY ROADS AND FREEZING RAIN.

Icy roads are very hazardous and if you don't have to go on the road, stay home. But if you absolutely have to drive on an icy road make sure your speed is down and especially on hills and curves. Never step hard on the breaks or give a jerk on the steering wheel. Be very smooth on the breaks and your steering wheel if you don't want to lose control of your car and end up in the ditch or on a collision course with an oncoming car. Plan ahead if you have to stop and press gently on the breaks and release them and press again gently. Do this, at a one second intervals, until you come to a full stop. This method is called pumping the breaks and it is also very handy to stop on snow. Don't ever hit the gas or the break pedals abruptly; always make a slow start and a slow stop on slippery road conditions.

- ON OVERPASS & BRIDGES.

Those locations are more subject to black ice or other form of ice because it is colder on overpass and bridges. The cold wind blows under them and they are not protected by the earth, so ice will form more quickly and stay longer than on other roads sitting directly on the ground. **Always keep that in mind when passing on an overpass or a bridge.**

- DAYTIME

Always keep your headlights on so that people and other drivers will see you from a greater distance. (On new cars the head lights are always on when you start your car)

The main thing with avoiding accidents is to make yourself ALWAYS visible at all times to other drivers around you.

- NIGHTTIME

Reduce your speed because you won't be able to see further than your headlights can allow you to see. Realize that even on high beam, you can't see much further ahead than a couple hundred feet, and if you drive too fast you won't have a safe stopping distance if something obstructs your way. By the time you realize that there is something on the road and that you have to stop, it will be too late.

OTHERS SAFETY TIPS.

- BASIC THINGS TO HAVE IN YOUR CAR AT ALL TIMES.

-SHOVEL, CANDLES, BLANKET, EXTRA GLOVES & BOOTS, SAFETY FLARES, FLASHLIGHT, AND FIRST AID KIT.

Before you go on the road, always think about what you would need if you were to get stuck on a back road and that you would be isolated somewhere and that it is very cold and that there might not be any help around for a long time. Don't say this will never happen to me, I got a cell phone. Then what if that night you forgot your cell phone or that it takes a long time before someone finds you, or that your cell phone goes out on you, or that the transmission tower is too far away from you and you can't get a good connection? Never rely only on one item to save your life, you must put all the chances on your side.

Why the candles? They could get very handy for light and heat if your car runs out of gas or if your engine stalls for some unknown reason and that you have to spend the night in the car before any help comes around. Use a small candle and place it on the glove compartment door open. Don't put the candle too close to you or the windshield. Just one candle at a time is enough to keep you warm for a long time.

Those simple items in your car might save your life one day. Keep also the window down just a little bit for fresh air. If your car is running for a long period and there is a place where exhaust can find its way in, you risk to die of lack of oxygen, and also a simple candle burns oxygen on the long run so keep that window open for fresh air.

- THINGS TO DO BEFORE YOU GO ON THE ROAD. (And for a long trip)

1- First of all always walk around your vehicle and look under to make sure nothing is under and around it. **2-** Secondly always check your lights especially your rear flashers and your brake lights. If you are all alone to check your lights then look for their reflection with your side view mirrors, against your garage door or your house or any building near the car. The same thing when you park your car at a shopping mall, use a wall or other object to reflect your lights to see if your front lights and signal lights are working properly.

3- Check under the car for oil or gas leaks and check your oil levels if you are going on a long trip.

- PLAN YOUR TRIP AHEAD OF TIME BEFORE YOU GO.

You should know exactly what route you are going to take and witch way you are going to turn before you go on the road so that you won't be distracted by thinking about what route to take next and witch way to turn. This way you will keep your mind on the road and drive preventively.

- ALWAYS GIVE YOURSELF MORE TIME TO GET TO YOUR LOCATION, THIS MEANS TO ADJUST YOUR ROAD TIME ACCORDINGLY TO TRAFFIC AND WEATHER CONDITIONS.

The thing is with most people today, they don't give themselves enough time to get to their destination and so they have to go faster then they really should, **and speed is the number one cause in most accidents.** When I drive to go to work I get up earlier to give myself plenty of time to get to where I am going to, so that I don't have to hurry and take chances on the road. I take the time to enjoy the scenery and to drive preventively. I get to work earlier and I have time to have another coffee. This way I am never in a hurry and I am never late for work. If I have to think about something I do it before I get in the car to go to work or before I return home. It's never worth it to hurry back home because you probably will save only a few minutes and it is not worth it to risk your life or someone else's just to save a few minutes of your relaxing time. It is also very stressful to drive too fast, but much more relaxing to take your time to get to your destination safely and in one piece.

**OTHER GOOD DRIVING PRACTICES
TO GO BACK HOME SAFELY, ALIVE AND IN ONE PIECE.**

- **Always practice courtesy**, Patience, and Understanding on the road with, Pedestrians, Cyclists, and other driver that share the road with you as well.
- **Share the Road with everybody and everything.**
- **Keep your mind on the road at all times:** If you want to think about something else then your driving then, **STOP** and park your vehicle on the side of the road or in a parking location or go have a coffee at a restaurant.
- **If you feel sleepy while you are driving:** drive with your window open and if this does not work, stop your car on the side of the road and walk around it a few times while taking long respirations. And if this does not work either go to a restaurant and have a coffee or find a Motel and rest.



IN CONCLUSION:

HOW CAN I TELL WHO IS A GOOD OR A BAD DRIVER?

I can tell very easily who is a good driver by how smooth they are on the breaks. If the driver can't predict what is coming his way, this means that he is not looking ahead far enough and that he is not driving preventively or that his mind is simply not there and wandering somewhere else.

I see drivers stepping on the breaks all the time because they don't forecast others people's mistakes and thus they can't prevent those accident situations from happening, they drive carelessly and breaks like if they didn't know that the light would turn red or that a car was going to cut them off. They certainly don't look ahead far enough to prevent those accidents from happening and it is most certain that their mind was busy thinking about something else then their driving anyway.

So a good driver can look far ahead and forecast other people's mistakes to prevent accidents from happening and he can therefore be smooth on the breaks and give their passenger, a much more enjoyable ride.

**THEY SAY: DON'T DRINK AND DRIVE
YOU CAN ADD TO THAT: DON'T THINK AND DRIVE.**

Cell phones might be a big step in communication technology these days, but it has already kill many peoples on the road. The big news today is B.C. DRIVERS FLOCK TO HANDS-FREE PHONE TECHNOLOGY.....WOW.

**Do you sincerely think that this will help eliminate the risk of accidents on the road?
Please Don't fool yourselves about this.**

The problem is that when you are talking either on the phone or to somebody just beside you, your brain tends to show you the images related to what ever you are talking about and this happens even if you don't want your brain to do that, it will do it anyway. Like I said earlier the brain will always give priority to what ever you see in your mind and overlap it with what ever you see with your eyes. When you talk you think about what you are talking about, so talking to people in your car or on the phone is the same distraction, HANDS FREE OR NOT. So keep this in mind and turn off your cell phones before you get into your car and please keep your mind on the road. Do not think about anything else then your driving. Driving preventively will help you to keep your mind on the road since you are always on the lookout for other people's mistakes and accident situations that might arise.

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Please Note that this document contains compiled information from all the driving courses that I took during my life and from my 40 years experience as a driver and do not mean to pretend that all those facts and safety tips are for everyone or for every situations or road and weather conditions.

You must adapt and adjust your driving skills with every situations, because road and weather conditions can change with every turn of the wheels. I therefore can not be held responsible for any actions or mishaps that you might experience or encounter due to the tips and information taken from this document. Be your own judge in every situations and weather conditions. My only hope is that by sharing my experience with you, that this might one day save your life and the one of other people. This driving technique saved my life more then once already.

SO FOR A LAST REFRESHER,

- **DO NOT** THINK OR TALK WHILE DRIVING. If you want to call somebody, stop on the road side.
- **DON'T** EVER THINK THAT ACCIDENTS ONLY HAPPENS TO OTHER PEOPLE.
- **ALWAYS** EXPECT THE UNEXPECTED.
- **ALWAYS** HAVE A WAY OUT IN MIND.
- **ALWAYS** MAKE YOURSELF VISIBLE TO OTHER DRIVERS.
- **ALWAYS** PLAN THE ROAD YOU WILL TAKE BEFORE YOU SET OUT.
- **ALWAYS** GIVE YOURSELF LOTS OF TIME TO GET TO YOUR DESTINATION.

If you want to save time, the road is the last place you should use to do that.

The sun will always set at the same time, even if you hurry home or not and chances are, that if you do hurry home or on your way to work, that you might just never get there.

**ALWAYS DRIVE PREVENTIVELY TO PREVENT ACCIDENTS AND SAVE LIVES.
Your thinking mind, must not become a ticking bomb.**

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THANK YOU VERY MUCH FOR SHARING.