



Driving Safety

With all the new technology in today's vehicles, staying focused on our driving has never been so important. Being killed in a traffic crash is still on the list of top ten causes of death in the United States. To reduce this, we all need to remember these safe driving tips.

Teens

Obtaining your driver's license is a day that we all remember. That feeling of freedom, however, comes with major responsibilities. Remember:

- Brand new 16-year-old drivers are expected to be able to make all the split-second decisions of a seasoned driver.
- Teens live in a world of technology and must remember to put their phone down while driving. More than half of teens drivers reported using a cell phone while driving in the past 30 days. [Learn more about teens and distracted driving.](#)
- Being an inexperienced driver and being under the influence of alcohol is a very dangerous combination. Alcohol in your system slows your reaction time, affects your motor skills, reduces concentration and decreases vision --- all necessary skills needed to drive a motor vehicle.

So, what can we all do to help reduce the number a traffic crashes teen drivers are involved in?

- The Naperville Police Department speaks with students in their Driver's Education classes.
- Parents need to be good examples for their teen drivers and set expectations for them and as well as consequences for failing to meet set expectations.

[Find more information about teen driver safety.](#)

Adults

Just because we are older does not mean the rules that applied to us as teens no longer apply to us. The safe driving tips we practiced during our teenage years will keep us safe as an adult, as well.

As adults, we drive to get to and from work, family commitments and social engagements. Driving safely to arrive at our destination should be our focus.

- Speeding to make up time because we are running late puts you and everyone around you in danger. Speeding increases your risk of being involved in a traffic crash because there is less time and distance available to respond. If your drive at 35 mph, you will travel 51 feet per second. At 55 mph, you travel 80 feet per second. At 75 mph, you will travel 109 feet per

second. Most people's reaction time is 1.5 seconds, which means that at 55 mph, you will travel 120 feet before you react to a situation.

- Distracted driving and being under the influence are also dangers to adult drivers, just as teen drivers. We maybe older, but it does not make us invincible to the dangers of unsafe driving.

Seniors

Being older does not automatically mean your driving days are over. But we need to remember our reaction time becomes slower. Family members need to keep an eye on their loved ones to ensure their ability to be safe on the road. Some things to watch for are:

- Getting lost on familiar routes.
- Taking medications that might affect driving safely.
- Noticing new dents or scratches to their vehicle.

The Naperville Police Department partners with AARP to offer a classroom driver refresher course, designed for drivers age 50 and older, several times a year. [Click here for more information on upcoming AARP Smart Driver classes.](#)

[Find more safety information for mature drivers.](#)