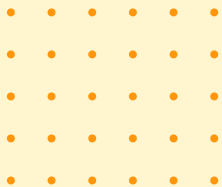




LET'S TALK



SAFETY





How to Utilize This Lesson for Patrollers:

This file will print as 5"x8" and can be glued to index cards. Punch a hole in the corner and use a split ring, brad fastener, etc. to create an easy, portable, flip chart. This year's Patroller lessons will be created in the 5"x8" size so content can be added and used as a reminder throughout the year.

For more resources visit aaa.com/safetypatrol and keep an eye out for monthly emails.





When it's time for a road trip,
always practice being a safety
ROLL-model!

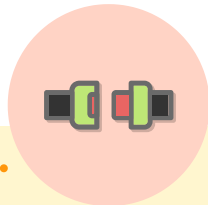




Seat Belts

When used properly and in conjunction with airbags, seat belts are your #1 defense in a crash.

- The seat belt should rest on your collar bone and hip bones.
- Bones are the strongest part of your body so they can take the force of a crash better than your organs!
- If the seat belt is hitting your neck and feels uncomfortable, you should still use a booster seat since safety is based on size, **not** on age or grade level.
- Seat belts should be worn **every time** by **every passenger** no matter how long or short the ride.





Airbags

Did you know, airbags deploy at 200 mph? That's faster than we can blink!



- Airbags can be found in the steering wheel, dashboard, and many other parts of the car.
- Cars contain sensors that detect a crash and deploy the airbag. This is super loud and super fast!
- Airbags can cause injury or even death if you are sitting too close. Kids should always sit in the back seat until 13 years old.

Remember: Seat belts keep you in a safe position for the airbag. If you aren't wearing a seat belt, the airbag will still deploy but you may be thrown around the vehicle or ejected during a crash.





Projectiles

Any passenger or item not restrained in a vehicle can become a projectile.

-A projectile is anything that can fly through the vehicle in a crash.

-A projectile hitting you at fast speeds could cause an injury!

-Examples:

- Passenger not wearing a seat belt (An adult could cause major injury if they were to hit you in a crash.)
- Loose items in the vehicle (Ex. backpack, tablet, sports gear, water bottle)
- Your pet (They should be safely restrained in your vehicle.)





Distractions

As a passenger, always do your best to not distract the driver.

- There are three types of distraction for a driver.
 - Visual (something that takes their eyes off the road)
 - Manual (something that takes their hands off the wheel)
 - Cognitive (something that takes their mind off of driving)
- Examples:
 - Cell phone
 - Food
 - Kids
 - Conversations
 - Music
 - Other drivers
 - Billboards
 - Pets
 - Weather conditions
 - Daydreaming





Patroller Notes:

How will you practice being a ROLL-model and teach others to do the same?

