



# Car and Driving Summer Safety

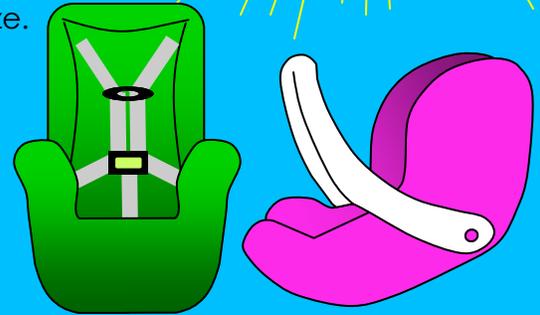
Remember, Vermont is now a hands-free cell phone state!



Motor vehicle crashes were the leading cause of death for children aged 4 and 11 through 14 in 2012. Be sure to correctly install your child's car seat according to age and size.

To schedule a free consultation in the Chittenden County area visit: [www.beseatsmart.org](http://www.beseatsmart.org) or call **1-888-VMT-SEAT** (1-888-868-7328).

\*Consider restraints for your pets as well, visit [avma.org](http://avma.org) or ask your veterinarian for more information.



## Did you know?

- In Vermont there are more traffic fatalities in the Summer than in any other season.

- Most fatalities occur on dry roads in clear weather

Driving in good conditions can be just as dangerous as winter driving!

Drive predictably, and please mind your speed and road courtesy.

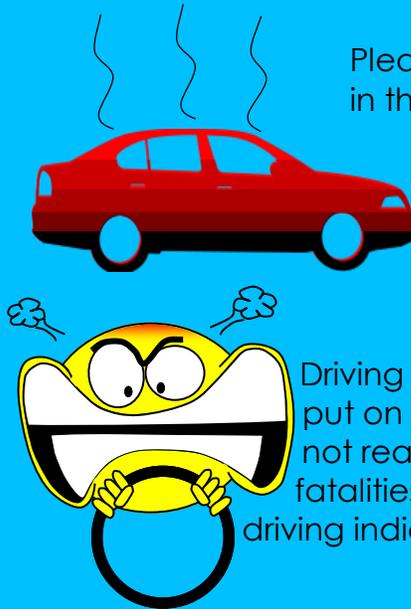
Additional Resources:  
[www.safecar.gov](http://www.safecar.gov)  
[www.beseatsmart.org](http://www.beseatsmart.org)  
[www.nhtsa.gov](http://www.nhtsa.gov)

**Burlington Police Department**  
1 North Avenue  
Burlington, VT 05401

Telephone: 802.658.2704  
Fax: 802.865.7579  
Web: [www.burlingtonvt.gov/Police](http://www.burlingtonvt.gov/Police)

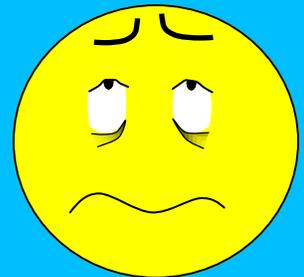
Emergency: 911

Please do not leave children, or pets, unattended in the car. In 2014, at least 30 children died from heatstroke after being left in a car. It only takes about 10 minutes for the temperature to rise 20 degrees, and "cracking the window open" does not change this.



Driving angry? Take a breather, think of a joke, or put on relaxing music. Someone angry at you? Do not react or return the behavior. About 56% of traffic fatalities in the U.S. are connected with aggressive-driving indicators.

Driving tired? Take breaks on long trips (at least once every two hours) and be sure to stay hydrated with water. Short term solutions include rolling your window down or turning your music up, but these do not replace being well rested.



Just like in Winter, keep your car well stocked. Be sure to include a first-aid kit, flashlight, emergency roadside lighting, water, and jumper cables.

Perform regular maintenance: check your washer fluid, coolant hoses, and drive belts. Be sure to keep your tires inflated properly and that they have good tread.



For more information visit: [www.bpdvt.org](http://www.bpdvt.org)