A car that can get you around town in short trips won’t necessarily do long trips

1. **Safe car**
   - Headlights, tail lights, brake lights, turn signals, wipers & washers
   - Reliable engine and brakes
   - Day before every trip: engine oil, brake fluid, coolant, trans fluid
   - Tire air pressure (tires lose 1 pound/month)
   - Tires not too worn, and spare tire & tools in trunk
   - Gas tank full

2. **Safe driving**
   - Sufficient sleep prior night
   - Absolutely no alcohol or drugs, including prior evening
     - Lives could be lost and ruined if a driver is influenced by drugs
     - Don’t allow your denial to ruin another person’s life
   - Front seat: driver and navigator
     - Navigator's job is to assist driver with directions, etc.
   - Keep music low (Your music does NOT have to fill the entire area!)
   - No stunts or horseplay while driving
   - Know whom you will call if you have problems
     - Have the number in your cell or written down
     - Sac State Police: 916-278-6000 (*Updated*)

3. **Cell Phone Usage (New)**
   - Crash Risk
     - Drivers using cell phones are four times as likely to crash.
     - Drivers talking on phones can have their eyes on the road and still miss seeing 50% of the important information around them including red lights, pedestrians and bicyclists, due to *inattention blindness.*
     - Inattention blindness happens when people do two intense thinking tasks at one time, such as driving and talking on a phone.
     - The brain has too much information to process at once and a mental distraction occurs - one that drivers are usually unaware of.
     - Dozens of scientific studies show that using phones hands-free does not make drivers safer.
• Liability Risk
  o Drivers, employers, and institutions are now being held legally responsible for injuries and death. Settlements can reach multi-million dollar jury awards.

4. Getting there
• No caravanning
• Every vehicle has map and directions
• Leave on time to avoid speeding
• If you independently decide to carpool:
  o Make your insurance verification available to riders
  o Riders, don’t be afraid to ask for verification of insurance
  o Do not overcrowd the vehicle
  o Everyone wear seatbelts

5. Auto Insurance:
• Liability
  o Bodily injury (recommend $100k/person, 300k/accident)
• Medical (driver & passengers) (recommend $25k)
  o Discuss the reality of med costs today
• Physical damage
  o Comprehensive whatever you want
  o Collision whatever you want

6. If an accident happens
• Take care of life and injury first
• Work with local law enforcement
• Call University Police (916-278-6000) to report incident
• Immediately write down statements and take photos
• Get other drivers’ information, etc.