



SAFETY GRAM

MCI WEST SAFETY PRESS



HOLIDAY SAFE DRIVING

CHECK YOUR CAR BEFORE LEAVING

- Get your car checked by a professional before a long trip.
- Check the tire pressure and tire tread. Do you need snow chains?
- Replace wiper blades if needed.
- Check oil, coolant, and other fluids
- Look for wear, cracks, and blisters on belts and hoses.
- Check your insurance/roadside coverage.
- Pack an emergency kit



TRAVEL PLANNING

- Avoid peak travel days if possible.
- Plan your route and alternate routes
- Check the weather forecast
- Leave early in the day after a good night's rest
- Always use seat belts and car seats for children.
- Increase your following distance, during rain and snow.
- Remove valuables and lock your car when you leave it.
- Park in well-lit and populated areas.

RESOURCES:

- * [OSHA Quick Takes https://www.osha.gov/es/quicktakes](https://www.osha.gov/es/quicktakes)
- * [Tips for Driving Safely during the Holiday Season | Features | Injury Center | CDC https://www.cdc.gov/injury/features/holiday-road-safety/index.html](https://www.cdc.gov/injury/features/holiday-road-safety/index.html)
- * [Travel Risk Information Planning System: https://trips.safety.army.mil/marines/TRiPS-Assessment](https://trips.safety.army.mil/marines/TRiPS-Assessment)

