

Holiday driving: Tips to stay safe on the road

Before you hit the road this holiday season, take some time to make sure you and your vehicle are in top running order.

Get plenty of rest before you start your trip. Stop at least every three hours and rotate drivers, if possible. Always wear a seat belt, and never drive while under the influence of alcohol or drugs.

For a safer trip, the National Highway Traffic Safety Administra-

tion says you should also:

Maintain your vehicle. Check the battery and tires. Put no-freeze window wash in your washer reservoir. Make sure your anti-freeze is adequate for the outdoor temperature.

Be prepared. Stock your vehicle with a flashlight, jumper cables, a shovel, a snow brush, and an ice scraper. Carry warning flares and blankets. For long trips, pack

plenty of food and water.

Plan your trip. Get directions and plan your route. Check weather reports before you leave, and allow yourself plenty of time.

Practice safe driving. Know how your vehicle handles in snowy, wet, or icy conditions. Drive slowly and give yourself extra time to stop.

Remember, by taking some road safety steps, you can enjoy a healthy holiday season.