

# December National Drunk and Drugged Driving Prevention Month



Every day, 36 people in the United States die, and approximately 700 more are injured, in motor vehicle crashes that involve an alcohol-impaired driver.

This December, during National Drunk and Drugged Driving Prevention Month (3D Month), consider what you and your community can do to make injuries and deaths from impaired driving less of a threat.

- According to the National Highway Traffic Safety Administration (NHTSA), about three in every ten Americans will be involved in an alcohol-related crash at some point in their lives.
- In 2006, 13,470 people died in alcohol-impaired driving crashes, accounting for nearly one-third (32%) of all traffic-related deaths in the United States.
- In one year, over 1.4 million drivers were arrested for driving under the influence of alcohol or narcotics. This accounts for less than 1% of the 159 million self-reported episodes of alcohol-impaired driving among U.S. adults each year.

**Alcohol-related crashes in the United States cost about \$51 billion a year.**

### Protect Yourself and Your Family and Friends:

- Plan ahead. Always designate a non-drinking driver before any holiday party or celebration begins.
- Take the keys. Do not let a friend drive if they are impaired.
- Be a helpful host. If you're hosting a party this holiday season, remind your guests to plan ahead and designate their sober driver, always offer alcohol-free beverages, and make sure all of your guests leave with a sober driver.



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This document is available in an alternative format upon request. Please call the Fairfax County Police Department at 703-246-7562. TTY 703-204-2264. Allow seven working days for preparation of the material.

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**Too much turkey is no excuse for not buckling up.**



# Traffic Safety

FAIRFAX COUNTY POLICE DEPARTMENT

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## Buckle up this Thanksgiving.



**Seat belts save over 13,000 lives every year.**  
One of them could be yours...

### The top 5 things you should know about buckling up.

**1 Buckling up is the single most effective thing you can do to protect yourself in a crash.**

In 2008, seat belts saved more than 13,000 lives nationwide. From 2004 to 2008, seat belts saved over 75,000 lives — enough people to fill a large sports arena. During a crash, being buckled up helps keep you safe and secure inside your vehicle, whereas being completely thrown out of a vehicle is almost always deadly. Seat belts are the best defense against impaired, aggressive, and distracted drivers.

**2 Air bags are designed to work with seat belts, not replace them.**

In fact, if you don't wear your seat belt, you could be thrown into a rapidly opening frontal air bag; a movement of such force could injure or even kill you. See [www.safercar.gov](http://www.safercar.gov) for more on air bag safety.

**3 How to buckle up safely:**

Follow the guidelines shown in the photo to the right. As you can see, the lap belt and shoulder belt are secured across the pelvis and rib cage, which are more able to withstand crash forces than other parts of your body.

Place the shoulder belt across the middle of your chest and away from your neck.

**4 Fit matters.**

- Before you buy a new car, check to see that its seat belts are a good fit for you.
- Ask your dealer about seat belt adjusters, which can help you get the best fit.
- If you need a roomier belt, contact your vehicle manufacturer to obtain seat belt extenders.
- If you drive an older or classic car with lap belts only, check with your vehicle manufacturer about how to retrofit your car with today's safer lap/shoulder belts.

Adjust the lap belt across your hips below your stomach.

**NEVER** put the shoulder belt behind your back or under an arm.



**Motorists need to heighten their awareness of deer during the fall breeding season. Deer do not stop and look both ways when they cross a highway.**

Collisions between deer and automobiles result in a substantial cost, including damage to vehicles, the loss of a valuable wildlife resource and human injuries or fatalities. As deer and human populations have grown in the metropolitan areas, this danger has become greater. Although no statistics are available regarding the combined property damage and personal injury loss resulting from deer/vehicle collisions in Fairfax County, property damage alone is enough for everyone to sit up and take notice.

### **Avoiding Accidents**

Most of these accidents occur between dusk and dawn. Watch for deer where roads pass through wooded or rural areas. The most important thing drivers can do to reduce the chances of an accident with a deer is to drive the speed limit. At night, reduce speeds below the limit, especially in rain, snow or fog.

### **What do I do if a deer suddenly jumps in front of the car?**

Of course every case is different, but there are a few things to consider if you find yourself in this situation. The most important thing to remember is to maintain control of your car. Apply the brakes in a controlled manner. Deer are quick and agile animals. It is more likely that they will leap out of your path than that you will be able to brake and steer around them. Most serious injuries occur when a driver skids out of control and leaves the road or, worst of all, swerves into oncoming traffic. Obviously these circumstances arise quickly allowing very little time to react. Try to think ahead. When you see a deer crossing sign, think about what you would do if you suddenly had a deer jump into the road. Mentally practice keeping a cool head and reacting in a controlled fashion. If it should happen one day you will be more likely to react appropriately.

### **In the event of an accident**

Motorists and passengers involved should provide assistance to anyone injured. Do not attempt to remove a dead or injured deer from a busy roadway. Instead, contact Fairfax County Police Department, 9-1-1 for emergencies and 703-691-2131 for reporting a vehicle crash without injuries.



# DEER SAFETY



Deer usually travel in groups and generally maintain a home range of about one square mile. If you see a deer cross the road, slow down and use caution. Often additional deer are out of view and more are likely to follow.



A deer standing calmly in a field may suddenly jump into the road. Anticipate the potential for this rapid change in posture.



Elevate your deer awareness at locations with deer crossing signs. Deer crossing signs indicate areas where heavily used deer trails cross roadways. Slow down and watch for the eye-shine of deer near the roadway edges.



Be especially aware during the morning and afternoon. Deer tend to be more active during the early morning hours and late afternoon hours year round. They are moving between evening feeding areas and daytime bedding sites.



Be especially cautious during seasons of high deer activity which are October to January during the breeding season, and May and June when yearlings are seeking new territories. In Spring, deer move as snow disappears and tend to gravitate near roadway shoulders for the first greening grass and remaining roadway salt.



Slow down to avoid hitting a deer, but do not swerve. This can cause you to lose control and strike another vehicle or to leave the highway and strike a tree or other object. Injuries to drivers and passengers increase when the vehicle swerves.



### **Disposal of Animal Carcasses in Fairfax County: Guidance/Options**

Animal Carcass on State Road: Regardless of size or type of animal, call VDOT at 703-383-8368.

