

# In-Car Activity

## READY, Set, Drive!

As the driver, your job begins well before the car is in motion. In your driveway or in a parking lot, practice all the steps you need to follow to get yourself ready to drive! Remember, practice makes perfect; help yourself develop safe habits that will last a lifetime.

### While Approaching the Car

#### 1. Have Keys In Hand

Have your key in your hand, you do not want to spend unnecessary time digging a key out of your pocket or pocketbook. If you are uncomfortable in your surroundings, have your thumb over the panic button and hold your key ring with the tip of the key extending out between your index and your middle fingers. *{Prepare for the worst}*



#### 2. Look Under The Car

It is easy to see under your car when you are a distance away from it. You may then be able to detect a problem.

#### 3. Look Around The Car

Being able to see all around your car is especially important so that you know what your tires are ready to travel over. You may detect a child or some object near your tires which you would not see from inside the car.

### Before Opening the Door

#### 1. Look Inside The Car

Looking into the car before opening the door will allow you to detect any problems.

#### 2. Control The Door Swing

Controlling the door swing is a good habit that will help avoid hitting the car parked next to you.

### After Entering the Car

#### 1. Key In Ignition

Put the key in the ignition as soon as you enter the vehicle to prevent misplacing them.

#### 2. Lock Doors, Windows Up

Locking the doors gives you security from carjackers. Having the side windows all the way up will give you better protection during a crash by helping to keep your head inside the vehicle.

#### 3. Head Restraint Even with the Top of Head

The head restraint should be capable of catching your head during a rear impact. The top of the head restraint should be even with the top of your head.



#### 4. Adjust Seat— Butt In Seating

Adjust the seat to give a slight bend in the knees and elbows. Sit as high as possible for best viewing ability. The lower the driver is seated, the greater the optical illusion as to where the car is in relation to the roadway. Lean slightly forward. Get your buttock pushed all the way into the seat, then sit up straight. You will gain a firm support to relieve lower back stress and be in the best position in case of impact.

#### 5. Check and Adjust All Mirrors

The inside mirror should be adjusted in a level position to show the maximum view. The outside mirrors should show a slight amount of the side of the car when viewed from the proper head positions.

#### 6. Safety Belts On Everyone

Before starting the car make sure you and all passengers put the safety belts on.