

## Adjust Driving Habits to Prolong Safe Driving

The key to prolonging safe driving is to adjust when changes happen! Adjustment could be as simple as doing the following:

- Drive only in familiar surroundings
- Drive in low speed areas
- Drive in non-rush hour traffic
- Drive in daytime rather than night time
- Drive only in good weather conditions
- Wear glare reducing sun glasses
- Not driving a poorly maintained car
- Get regular eye examinations
- Get fit or stay fit