

Driven to Wellness

Healthy Vehicles Fact Sheet: VEHICLE MAINTENANCE

- Vehicle maintenance is critical to vehicle crashworthiness. Regularly maintaining your vehicle reduces the risk of crashing.
- Regularly checking to and responding to recalls eliminates the risk of crashing due to manufacturer defects and safety issues identified by NHTSA.
- Knowing how safety features in your vehicle work and how to respond/react to these features will allow for a safer ride.
- Properly adjusting your seat, steering wheel, backrest and headrest can reduce these types of aches and pains while driving.



Seasonal Changes

- Vehicle maintenance includes preparing for the change in seasons and potentially driving during inclement weather. Extra time is needed to drive under these conditions.
- Autumn is a time when children are back in school and school buses will be on the roadway during commuter times. Also allow for extra time on the road during the school year.
- Falling leaves can cause or hide roadway problems. Leaves can be slick when wet and can hide potholes and other roadway dangers. Use caution when driving with wet similar to when driving on icy or muddy surfaces.
- Daylight Savings Time ends in the fall. This leads to more people driving in the dark. 50 percent of traffic deaths occur at night. Extra care should be taken at this time.

"Navigating safe driving through healthy habits and lifestyles".