



# Best Practices for Road Trip Safety



## **Wear a Seat Belt**

Buckle up and make sure everyone in the car is buckled up. Seat belts save lives. The [National Highway Traffic Safety Administration \(NHTSA\)](#) reports how serious the consequences are if you don't wear a seat belt.

## **Route your Commute**

Know where you're going. Use your favorite [app for planning your trip](#). If necessary, do a little research to ensure the roads you are taking are in safe neighborhoods.

Prepare your car before leaving home. Have a full tank of gas. Check the tires for pressure. Also, make sure the window washer solvent reservoir is full. [AAA](#) has more information for road trip safety in their article [The Ultimate Checklist for Your Next Long Road Trip](#).

## **Be Alert**

Take frequent breaks to stay alert. [Drowsiness](#) is a risk not worth taking. If you feel drowsy, pull off in a safe area or rest stop. Taking a walk around the vehicle, grabbing a snack, using the restroom, all of these things will help to get your focus back. Then, you'll be ready to

continue with your trip. Accidents caused by falling asleep at the wheel are among the top reasons car accident attorneys are needed. Utah Law Firm [Robert J. DeBry & Associates](#) provides legal help to those who have been injured in a car accident.

### **What to Do if You Need Help**

Depending on the severity of the accident or vehicle breakdown, the recommendations below will help you when you need them.

- Move the vehicle as far off the road as possible.
- Activate your emergency flashers.
- Call 911 or have your vehicle security service do it for you.
- Call roadside service.

Utah law firm, [Robert J. DeBry & Associates](#) is ready to help you when you need the services of a car accident attorney.