



MARTIN LUTHER KING DAY SAFETY TIPS



The third Monday in January is reserved for honoring Dr. Martin Luther King Jr.'s life and significant contributions. Dr. King was an iconic Civil Rights Activist during the 1950's and 1960's. His famous "I Have a Dream" speech, delivered on the steps of the Lincoln Memorial in August 1963, inspired our nation to change their views, and subsequently their laws on segregation and inequality. Celebrate Dr. King's legacy this federal holiday weekend by staying safe and vigilant to the challenges prevalent across our nation's highways. The following "Safety Tips" are offered to help identify and mitigate potential travel risks:

SAFETY TIPS:

- **WEATHER / ROAD CONDITIONS:** Plan routes carefully. Expect and plan for delays. Monitor weather in areas being traveled. Have a back-up plan should weather conditions deteriorate. Use main roadways as much as possible. Slow down at first sign of precipitation. Extend following distances from 2-3 seconds to at least 4-5. Pull over if visibility declines. Do not use cruise control in wet or icy conditions. Be aware that bridges and overpasses freeze first.
- **DRIVING SAFETY:** Learn the type of brakes your vehicle has in order to apply proper braking techniques. Inspect vehicle thoroughly: Check tires, brakes, and all six engine fluids. Ensure windshield stays clean and wipers are in optimum condition. Inform someone of travel plans, route, and estimated arrival/return time. Allow sufficient return time to avoid speeding. Always wear seatbelts and ensure occupants remain buckled. Avoid alcohol and distractions when driving. Keep cell phone out of reach or turn off while driving. Travel with an Emergency Kit consisting of a phone and charger; blankets, water, shovel, sand or kitty-liter, flashlight, maps, reflective triangle, ice scraper, and non-perishable food.
- **FATIGUE AWARENESS:** Mitigate fatigue by beginning all travel well-rested. Avoid traveling long distances after a full day of work. Share driving responsibilities. Stop for rest break at least every 100 miles, or every 2 hours – whichever occurs first. Don't attempt to drive during regular sleep times. Remember, there is no substitute for a sufficient amount of sleep.
- **TRiPS:** Traffic wrecks remain the leading peacetime killer of Marines and Sailors. The Travel Risk Planning System is an online, risk assessment tool which helps travelers recognize - and avoid - roadway hazards. The assessment takes less than five minutes to complete. To access, click on the following link: <https://trips.safety.army.mil/SelectYourBranch.aspx>
- **PEER LEADERSHIP:** Maintain situational awareness at all times. Intervene early to prevent reckless use of alcohol and/or firearms. Challenge your peers to exemplify only the highest standards and proudly display our core values of Honor, Courage, and Commitment.