



## Transportation Safety Newsletter, July 2020

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Oregon Department  
of Transportation

## Transportation Safety

July 2020

### Commit to Sober Driving This Fourth of July



Americans love a good party, and the celebration of the birth of our nation each year is always a long-awaited festivity. To help keep party-goers safe, we are reminding drivers about the deadly consequences of impaired driving. If you are under the influence of an impairing drug, and you choose to get behind the wheel of a vehicle, you put everyone in danger, including yourself. During the Independence Day holiday, make sure you plan for a safe weekend of festivities including a sober ride.

Help us spread this lifesaving message: *If You Feel Different, You Drive Different.* The

Fourth of July is a fun time for Oregonians to come together and celebrate our country, and we want everyone to have a safe holiday.

Something as simple as cold medication or an over-the-counter sleep aid can impair your driving. If it does, you can be arrested for a DUII. If you are taking a new prescription drug or a higher dose of a current prescription drug, do not drive until you know what effect it has on your judgement, coordination, and reaction time. Any effect could impair your driving ability.

Play it safe. If you have ingested an impairing substance such as marijuana, alcohol, prescription drugs, sleep medication, or any form of illegal drug, do not drive. Passengers should never ride with an impaired driver. If you think a driver may be impaired, do not get in the car. There are many reliable alternatives to get you safely from point A to point B. Stay safe this Independence Day!



## Mind Your Distance

Maintaining a safe following distance can prevent everything from fender benders to tragic fatal and serious injury crashes.

How do you know what's safe? The speed at which you drive determines how much time you have to act or react and how long it takes to stop. The higher the speed you are traveling, the less time you have to spot hazards, judge the speed of other traffic, and react to conditions.

A safe following distance is defined as 2 to 4 seconds. For speeds greater than 30 mph, a safe following distance should be 4 seconds or more to allow you time to make a decision and take action.

Always maintain a safe following distance from the vehicle in front of you. You will have a better view of the road to watch for problems and more time to react.

## New Curb Ramps Installed

Curb extensions—also known as bulb-outs or neckdowns—extend the sidewalk or curb-line out into the parking lane and reduce the street width.

This safety countermeasure improves pedestrian crossings by reducing the crossing distance and the time that pedestrians are in the street exposed to traffic, visually and physically narrowing the roadway (a traffic calming measure), and improving the ability of pedestrians and motorists to see each other. Curb extensions also create space for the addition of curb ramps.

Curb ramps provide access between the sidewalk and roadway for people using wheelchairs, strollers, walkers, crutches, handcars, bicycles, and for people who have mobility restrictions that make it difficult to step on and off high curbs.

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### Buckle Up

Use the right tool for the job. Buckle up every time, and remind your loved ones to do the same. Whether it's a short trip or a long haul, people are counting on you to come home.

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### Recreational Marijuana Laws May Increase Traffic Deaths

A new [research study](#) was published last month with a goal to get a better understanding of the relationship between legalization of recreational marijuana and traffic fatalities.

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### Safety Coach Shares Valuable Tips

Our safety partners in Texas shared some tips in their June newsletter about how to stay focused on the drive and securing your load when you're hauling items with your vehicle.

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### Roundabout Renaissance

Roadway roundabouts are enjoying some time in the spotlight. Transportation Research Board shares some history of the modern roundabout as well as the safety benefits.

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## Resources

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