

Maine Driving Dynamics

Student Manual



Department of Public Safety
Bureau of Highway Safety
45 Commerce Drive, Suite 1
Augusta, ME 04330
207-626-3840

www.maine.gov/dps/bhs

NAME: _____

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Letter from the Director

Dear Driver,

The Maine Bureau of Highway Safety is pleased to offer this student manual as part of our service to you. Your safety on Maine's roads and highways is our primary concern and we sincerely hope that this course creates positive driving habits that will protect you and your passengers as you travel.

It is our goal to develop positive driving habits in every Maine driver. To accomplish this task, we must convince one individual at a time. It is up to you to accept the challenge and understand that by making changes in your driving, you protect yourself and others from potential harm. You make a difference.

Please share this manual with your family and friends. This student manual is NOT meant to be all-inclusive. Please use your State of Maine Motorist Handbook and Study Guide for additional information on Maine laws and driving procedures.

Once again, thank you for your participation in the Maine Driving Dynamics Program and we hope you enjoy the class.

If you have comments or suggestions, please call us at 207-626-3840. we would appreciate hearing from you.

Director
Maine Bureau of Highway Safety
Department of Public Safety

Overview of Course:

AGENDA

INTRODUCTION

Administrative Details
About the Program
Test your knowledge

THE BIG PICTURE

What are the Risks?
Responsibility and Accountability
Today's Driving Environment
Why do we need laws?

WHAT YOU CAN CONTROL

Driving
Control
Accountability

ADJUST. ADJUST. ADJUST

Sharing the road
Driving Conditions
Vehicle Safety Tips

DRIVERS START YOUR ENGINES!

Distracted Driving
Maine Seat Belt Laws
Impaired Driving
Speed
Road Rage & Aggressive Driving
Teen and Mature Drivers

MAKE GOOD CHOICES

Traffic Behaviors
Passing
Head-on Collisions
Driver Fatigue

SUMMARY

Arrive Alive

Basic Elements:

Defensive Driving:

You will learn to recognize the need for and benefits of defensive driving, and that defensive driving involves both legal and personal responsibility. You will be able to identify risky driving attitudes and behaviors.

Making safe choices:

You will be able to identify the benefits of occupant restraint systems, explain the effects of alcohol and other drugs on driving ability, and spot physical and mental driver conditions that may affect you're driving.

Becoming aware of conditions:

You will be presented with driving skills and techniques to use in avoiding collisions and violations caused by vehicle or driving conditions.

Honing your skills:

You will become familiar with the skills and techniques needed to avoid collisions and violations, and that contribute to collisions. You'll be taught how to make safe and legal turns, evaluate and overcome the hazards of passing, and how to avoid a head-on collision.



A Crash is NOT an Accident

The Bureau of Highway Safety wishes to be consistent with Federal terminology in referring to crashes. Terminologies such as “crash”, “collision”, “incident” and “injury” are preferred alternative to the word “accident”. We promote the use of the appropriate terminology in published materials, in speeches or other statements or in communication with media and others. We will also work to encourage others to limit the use of the term “accident” and use the more appropriate terminology. We agree to this terminology since the use of the word “accident” fosters the idea that the resulting damage and injuries were unavoidable.

In reality, crashes are predictable results of specific actions and the continued use of the word “accident” implies that these events are outside human influence or control.



“Crashes are not accidents”

This is the fundamental principle of the
Maine Driving Dynamics Course.

Pre-Test

1. According to Maine law, passing on the right is illegal.
 - a) True
 - b) False
 - c) Sometimes
2. By Maine law, pedestrians have the right-of-way.
 - a) Only at marked crosswalks
 - b) At all intersections, as long as they do not jaywalk
 - c) At all times
 - d) Only in school or hospital zones
3. According to Maine's "Move-Over" law, drivers approaching a stationary emergency vehicle displaying flashing lights, including towing and recovery vehicles, traveling in the same direction, to vacate the lane closest if safe and possible to do so, or to slow to a safe and reasonable speed.

True or False
4. How long does it take to "dial" a cell phone call?
 - a) 2-4 seconds
 - b) 6-9 seconds
 - c) 4-6 seconds
5. When involved in a collision, when is it required to call police?
 - a) Any time there are injuries involved
 - b) When vehicle damage is \$500 or greater
 - c) When vehicle damage is \$1000 or greater
 - d) Answers A & B
 - e) Answers A & C
6. According to Maine law, what is the recommended maximum allowable speed when crossing railroad tracks?
 - a) The posted speed limit
 - b) Reasonable and proper speed
 - c) 15 MPH
 - d) 25 MPH

7. Every two minutes, the typical driver makes the following observations and mistakes while driving.
 - a) 600 observations and 6 mistakes
 - b) 800 observations and 8 mistakes
 - c) 400 observations and 1 mistake

8. By Maine law, if you encounter an emergency vehicle with lights flashing and siren sounding:
 - a) Stop right where you are
 - b) Slow down and move over so as to allow the vehicle to pass you
 - c) Pull over to the right side of the road and stop
 - d) None of the above

9. Never change lanes without first:
 - a) Give proper turn signal, which grants the right to change lanes.
 - b) Giving the correct signal and looking to make sure the change can be made safely.
 - c) Increasing speed, glancing in rear view mirror and quickly changing lanes.
 - d) Warning other drivers by blowing horn.

10. If your right wheel gets off the pavement and onto the shoulder of the roadway, you should first:
 - a) Hold the steering wheel firmly and reduce speed
 - b) Apply the brakes sharply and cut back onto the pavement quickly
 - c) Get the left wheels off too, and then cut back onto the pavement quickly
 - d) Make a quick stop

11. At 40 mph the average operator will travel about how far before they can stop?
 - a) 60 feet
 - b) 90 feet
 - c) 125 feet
 - d) 150 feet

12. What is the percentage of crashes that occur within fifteen miles from home?

- a) 25 percent
- b) 49 percent
- c) 60 percent
- d) 77 percent

13. The operator of a vehicle on a road, parking area, or on school property, on meeting or overtaking a school bus from either direction, when the bus has stopped with its red lights flashing to receive or discharge passengers, shall stop the vehicle before reaching the school bus. The operator may not proceed until the school bus resumes motion or until signaled by the school bus operator to proceed.

True or False

14. With the exception of a handicap placard, no sign, poster, opaque or semitransparent material or substance may be placed on the windshield that obstructs the driver's clear view of the road or an intersection.

True or False

15. By Maine law, "A person may not operate on a public way a vehicle with a load that is not fastened, secured, conned or loaded to reasonably prevent a portion from falling off." A violation of this section is a traffic infraction with a fine of:

- a) \$190.00
- b) \$250.00
- c) \$311.00
- d) \$377.00

Know the risks

- Driving is likely the most dangerous activity you do each day.
- Every year about 150 people die on Maine roads.
- Each fatality and injury has its own emotional story. It affects family members, friends, co-workers and fellow students.
- The majority of all crashes result from driver errors, such as being distracted, speeding, failing to yield or following too closely.
- Crashes do NOT NEED TO HAPPEN! Crashes are not accidents! A bad driving choice can be the most costly mistake you will ever make, financially and emotionally.

MAINE RISKS

Lane Departures: The number one leading cause of fatal crashes.

Safety Belt: You are 25 times more likely to die or be seriously injured if you are not wearing your seatbelt.

Speed and aggressive driving: A factor in over 1/3 of all fatal crashes.

Younger and mature drivers: These groups have a higher crash and fatality rate than the overall driving population.

Driver Inattention: A leading contributing factor in Maine crashes.

Motorcycle Crashes: You are more likely to die or be seriously injured if you are not wearing a helmet.

Alcohol and Drug related crashes: Continue to increase despite efforts for education and enforcement.

Responsibility

Driving is a RESPONSIBILITY not a PRIVILEGE

What does this mean to you?

Prevention ♦ Choice ♦ Personal responsibility ♦

♦ Know the risk ♦

♦ Plan your route ♦ Maintain your vehicle ♦

♦ Focus your attention ♦

♦ Minimize your distractions ♦

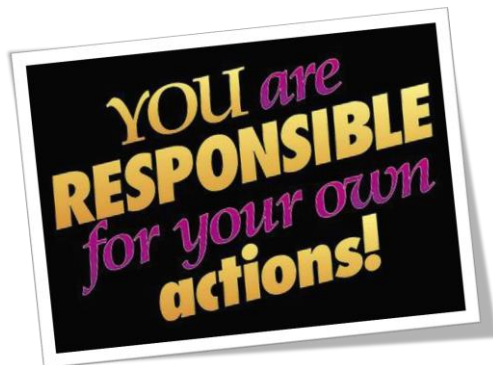
♦ Know your surroundings ♦

♦ Share your space ♦ Watch your speed ♦

♦ Keep your distance ♦ Signal your intentions ♦

♦ Always wear your seat belt ♦

♦ Adjust ♦ Adjust ♦ Adjust ♦



Control

90% of road
crashes are caused
by human error.

How safe is your driving?

Do you steer clear of trouble?

Do you expect bad decisions by other drivers?

Did you know.....?

Every two minutes the typical driver makes 400 observations and one mistake while driving.

Drivers who learn to expect bad decisions from other drivers can often avoid last minute maneuvers to steer clear of trouble. Never assume that other drivers will make the right decision. Plan your movements, knowing that the other driver will not slow down and yield, move out of your way or let you merge. BE READY TO REACT! Always expect the worst-case scenario and have a game plan or escape route in mind.

IT'S ALL ABOUT CONTROL...WHAT DOES THIS MEAN?

Choices

We all make choices each day.

- Will I use my blinker?
- Will I drink and drive?
- Will I stop completely at a stop sign?
- Will I obey the speed limit?
- Will I wear my seat belt?
- Will I stop for pedestrians?

Each wrong choice you make may result in property damage, injury or even death.

Some good choices you can make:

- Be Distraction-free
- Rest Up
- Avoid Impairment
- Always wear your seat belt
- Don't be aggressive
- Stay vigilant
- Don't tailgate

Create space

Guard your safety by actively creating space around your vehicle, never allowing yourself to get “boxed in”. Adequate space creates time and helps you avoid collisions. Maintain at least 3 seconds of following distance, more if possible. Add another second of following distance for each additional hazard (i.e., night, rain, dawn, etc.) that occurs while driving. Adjust your position in traffic as necessary to avoid driving in others’ blind spots. Don’t allow yourself to be tailgated-change lanes or adjust your speed to encourage tailgaters to pass you.



6 Driving Conditions

Light

Traffic

Weather

Vehicle

Road

Driver

YOU ARE THE KEY!

How do the six driving conditions apply to us?

Safe driving is all about you. You must think and adjust to the conditions around you.

Adjust to Maine weather!

Many crashes happen when roads are covered with snow,
slush or ice

Keep safe!!

SLOW DOWN!

Think ahead

Don't go if you don't have to

Plan extra time

Use your headlights

Increase following distance

Clean off your vehicle completely

Turn off the cruise control

Use your brakes carefully

Don't crowd the plow

ADJUST

ADJUST

ADJUST

For weather and road conditions or highway construction, visit:

<http://www.maine.gov/mdot/>

SURVIVING A BLIZZARD

Here is some information that could help you if you should become trapped in your vehicle in a blizzard-DON'T PANIC!

- **STAY IN THE CAR** – You are more likely to be found in your vehicle than if you are wandering around disoriented in blowing snow.
- **CRACK A WINDOW FOR FRESH AIR** – Freezing wet snow can completely seal out oxygen.
- **BEWARE OF CARBON MONOXIDE POISONING** – Run the engine and heater sparingly and only with a window open for ventilation. Make sure the exhaust pipe is not blocked with snow.
- **TAKE TURNS KEEPING WATCH** – If there is more than one person in the vehicle, take turns sleeping. If alone, stay awake.
- **TURN ON YOUR DOME LIGHT AND CLEAR OFF ACCUMULATING SNOWFALL** – Both will make your car more visible to working crews.
- **BEWARE OF OVEREXERTION AND OVEREXPOSURE**



THERE'S AN APP FOR THAT!

Smart phones are well equipped with apps that are designed to call for help when needed. The Winter Survival Kit App is available on smart phones and is free.

KNOW BEFORE YOU GO!!

To check road conditions:

Visit <http://newengland511.org/>

Before you head off on your trip, consider that you and your passengers are only as safe as your vehicle is. With regular checks and maintenance, you can expect a safer and more dependable vehicle.

Be prepared in the event of an emergency

Items to carry in your vehicle

- Owner's Manual
- Spare Tire
- Lug Wrench
- First Aid Kit
- Flashlight
- Road Maps
- Tire Jack
- Blanket

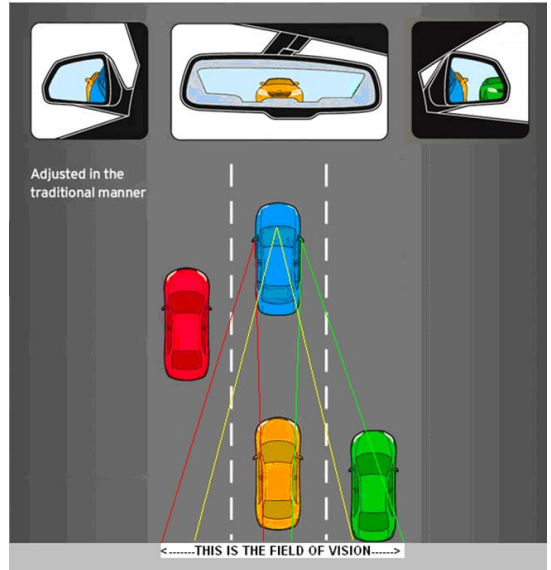
In addition to preparing your emergency kit and knowing how to use every item in it, consider the following common-sense guidelines to protect yourself and your family when you are on the road.

- Try to move your car completely off the road before taking any emergency measures.
- Do not stand near the edge of the highway while you are checking your vehicle.
- At night, turn on your flashers to signal that you need help.
- Set out flares if you have them.
- If you have to repair your car at night, wear a fluorescent safety vest.
- While waiting for help to arrive, stay inside your car with the windows up and the doors locked.
- Do not accept a ride to any destination from a passing motorist.

Adjusting your mirrors

Traditional mirror adjustment

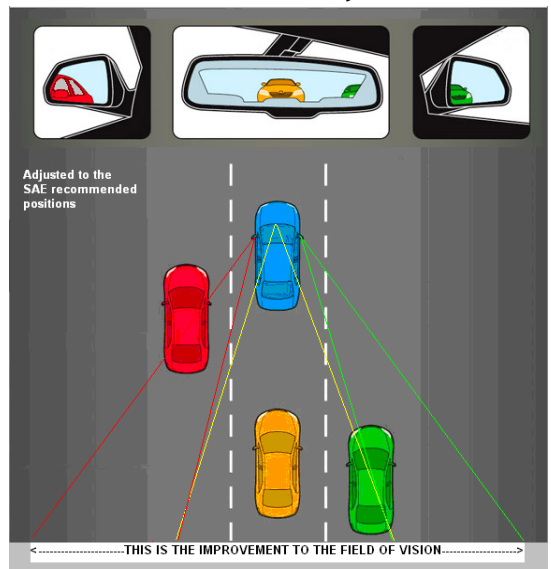
The traditional adjustment shows the mirrors with more view of the side of the vehicle, which creates a larger blind zone.



TURN YOUR MIRRORS OUT!!

New mirror adjustment

By turning out your side mirrors in addition to the rearview mirror, the blind zones are smaller and other traffic stays in your view for longer.





Distracted driving

Distracted driving involves 3 behaviors that are needed to operate a vehicle safely:

Visual: Looking at something other than the road

Manual: Manipulating something other than the wheel

Cognitive: (Mental)-Thinking about something other than driving

Any activity besides driving is considered a distraction. Distractions include (but not limited to):

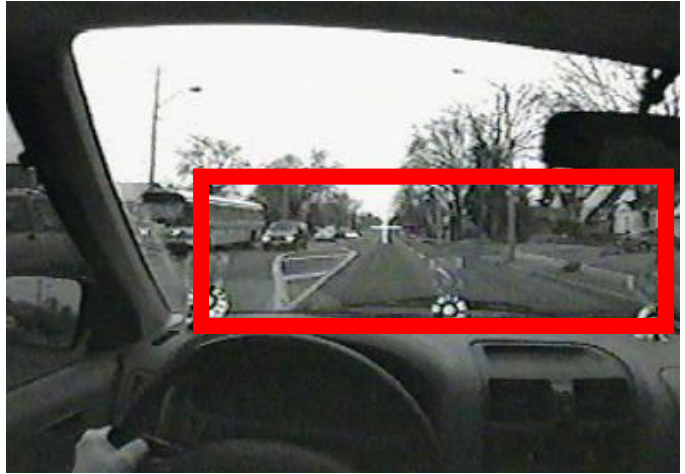
- Use of electronic mobile devices for calling, texting, or watching.
- Eating
- Drinking
- Smoking
- Reading
- Applying makeup or other grooming activities
- Reaching for items
- Focusing on passengers

Did you know? The average text message takes 4-6 seconds to send/receive which is the same amount of time it would take to drive 55mph the entire length of a football field-**blind**.

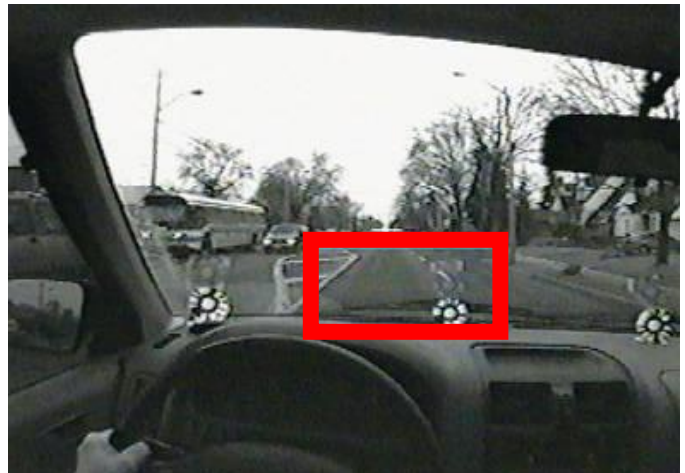
Inattention blindness

Distraction while driving leads to inattention blindness. Inattention blindness occurs when too much information is being received but cannot be processed. Driving while using a cell phone reduces brain activity by 37%.

This image shows where a driver's field of vision is when not distracted.



This image shows where the field of vision is while distracted. Note the size difference.



Source: Transport Canada

Maine Law
As of September 19, 2019

As of September 19, 2019, the State of Maine now has a Hands-Free Driving Law. Please reference the new law by following the link provided.

<http://www.mainelegislature.org/legis/statutes/29-A/title29-Asec2119.html>

Maine seat belt law



Maine has a primary seat belt law that was enacted in September of 2007. Law enforcement can stop drivers for not wearing a seatbelt.

Seat belts save over 13,000 lives every year. One of them could be yours.

Top 5 things to know about your seat belt:

1. Buckling up is the single most effective thing you can do to protect yourself in a crash.
2. Air bags are designed to work with seat belts, not replace them.
3. How to buckle up safely.
4. Fit matters.
5. Occupant protection is for everyone.

Facts about seat belt use:

Motor vehicle crashes are the leading cause of death among teens.

Young adults (18-24) have the highest crash-related injury rates of all adults.

Seat belts reduce serious crash-related injuries and deaths by about half.

Of the teens (aged 13-20 years) that died in crashes in 2012, approximately 55% of them were not wearing a seat belt at the time of the crash.

Adults age 18-34 are less likely to wear seat belts than adults age 35 or older.

Maine's 2016 Seatbelt usage rate is: 85.8

Impaired driving



DRINKING AND DRIVING DO NOT MIX!

Misconceptions about alcohol and how it affects safe driving are widespread. Knowing the truth can mean the difference between life and death. When alcohol enters your system, your ability to control a car and yourself immediately starts to deteriorate. Good judgment, concentration and your ability to react quickly all start to diminish with the first drink.

Factors that influence your BAC (Blood Alcohol Concentration):

- WEIGHT – A larger person requires more alcohol to reach a particular BAC level than a smaller person
- GENDER – Women generally reach a higher BAC than men of the same weight with the same amount of alcohol
- AMOUNT OF FOOD IN STOMACH – Food slows the absorption of alcohol into the blood
- TIME SINCE LAST DRINK – Because time is needed to metabolize a drink, a person BAC can continue to rise after he or she has stopped drinking



**IF YOU PLAN TO DRINK, PLAN AHEAD AND
DESIGNATE A SOBER DRIVER!**

How long does impairment last?

Alcohol affects individuals differently every time they drink. Impairment is dependent on physical make-up, gender, amount of alcohol, fatigue, food consumption and emotional state. One beer one day may register a higher BAC than on another day dependent upon all these factors.

THE ONLY CURE FOR IMPAIRMENT IS TIME!



Although people might think that drugs have less effect on driving than alcohol, we know that many types of illicit and prescription drugs impair our ability to drive. In 2010, nearly as many drivers died in road crashes after using drugs (34.2%) as those who had been drinking (39.1%).

For more information please visit:

<http://www.maine.gov/dps/bhs/>

Vulnerable Users



Who is Vulnerable User?

Under Maine law, “vulnerable users” are defined as walkers, joggers, bicycle riders, people in wheelchairs, horseback riders, and others who are not traveling inside the protective steel shell of a motor vehicle. Such persons are susceptible to serious injury or even death if they are hit by a motor vehicle. Most of us are vulnerable users at least a couple times a day.

Why Must Drivers Exercise Caution Near Vulnerable Users?

Because people who are not in motor vehicles on roadways are so unprotected that speeding, distracted driving, and inattention around vulnerable users can be especially dangerous. Even a low speed collision with a vulnerable user in a place like a parking lot or a neighborhood side street can result in death or serious injury.

Look twice—Save a life!

How Should You Drive Near Vulnerable Users?

- **Be Alert.** Pedestrians, people riding bicycles and other vulnerable users can be hard to see.
- **Slow Down in Advance.** Slow down before approaching a bicycle rider, people walking, or other vulnerable users on the roadway.
- **Don't Speed.** Never speed near vulnerable users. The higher your speed, the more damage you can cause.
- **Yield.** Yield to pedestrians, bicycle riders, and other vulnerable users, regardless of whether they are in crosswalks, on the shoulder or in the roadway.
- **Give at Least 3 Feet When Passing.** This isn't much so give more if you can.
- **Pass Only When It Is Safe.** Never attempt to pass vulnerable users at an unsafe speed or when there are oncoming vehicles that would prevent you from giving them enough space.
- **Be Patient.** A few seconds of your time isn't worth their life.

For more information:

www.BikeMaine.org or call: 207-623-4511

Speed



Speed Kills. It is 30mph for a reason.

Key Stats:

- You are more likely to kill a pedestrian driving at 40mph than at 30mph
- Specifically, if you hit a pedestrian while driving at 20mph, the pedestrian has a 95% chance of survival
- If you hit an adult pedestrian while driving at 30mph, the survival chance is 80%, but if you hit an adult at 40mph, the chances of dying are 90%.

Dangers of Speeding

For more than two decades, speeding has been involved in approximately one-third of all motor vehicle fatalities.

The consequences of speeding are far-ranging. They include:

- Greater potential for loss of vehicle control
- Reduced effectiveness of occupant protection equipment
- Increased stopping distance after the driver perceives a danger
- Increased degree of crash severity leading to more severe injuries
- Economic and even psychological implications of a speed-related crash
- Increase fuel consumption/cost

What Drives Speeding?

Speeding is a type of aggressive driving behavior. Aggressive driving overall has several factors that have contributed to its rise. These include:

- **Traffic.** Traffic congestion is one of the most frequently mentioned contributing factors to aggressive driving. Drivers may act out their frustration by speeding, changing lanes frequently, or becoming angry at anyone who they believe impedes their progress.
- **Running Late.** Some people drive aggressively because they have too much to do and are “running late” for work, school, their next meeting, lesson, or other appointments.
- **Anonymity.** A motor vehicle insulates the driver from the world, causing a sense of detachment instead of participant.
- **Disregard for Others and the Law.** Most motorists rarely drive aggressively. For a small proportion, it’s their usual driving behavior.

Road rage and aggressive driving



What is aggressive driving?

Aggressive driving is a traffic offense or combination of offenses such as following too closely, speeding, unsafe lane changes, failing to signal intent to change lanes, and other forms of negligent or inconsiderate driving. The trigger for the aggressive driver is usually traffic congestion coupled with a schedule that is almost impossible to meet. As a result, the aggressive driver generally commits multiple violations in an attempt to make up time. Unfortunately, these actions put the rest of us at risk.

What is road rage?

Road rage, on the other hand, is a criminal offense. This occurs when a traffic incident escalates into a far more serious situation. It's the act of violence that accompanies individuals who feel they are right and want to punish those who have wronged them. Road rage is increasing at 7% each year. The weapon most commonly used is a firearm, knife, or fist. Second is the vehicle itself.

How do you prevent road rage in others?



- Be courteous and drive with care.
- Do not respond to the other driver, avoid any escalation of conflict.
- Avoid Eye Contact.
- Be tolerant and forgiving-the other driver maybe having a really bad day and looking to vent.
- Be polite and courteous even if the other driver is not.
- If necessary, contact 911 for assistance.

How do you prevent road rage in yourself?

- Leave in plenty of time.
- Remain calm at all times.
- Maintain adequate distance between you and the vehicle ahead.
- Avoid changing lanes unnecessarily.
- Do not block the passing lane.
- Use turn signals before changing lanes.
- Use horn sparingly.
- Do not park across multiple parking spaces.

How do you avoid someone who is angry?

- Realize that the other driver's mistakes or frustrations are not directed at you personally.
- Be as polite as possible.
- Do not get out of your vehicle.
- If necessary, drive to a busy place where there are other people around, do not go home.
- Think of your bumper stickers and what they say to others.

Self-Reflection...

Do you?

1. Y N Overtake other vehicles only on the left
2. Y N Avoid blocking passing lanes
3. Y N Yield to faster traffic by moving to the right
4. Y N Maintain appropriate distance when following other vehicles
5. Y N Allow appropriate distance when moving your vehicle in front of another after passing
6. Y N Yield to pedestrians
7. Y N Approach intersections and pedestrians at slow speeds to show your intention and ability to stop
8. Y N Follow right-of-way rules at four-way stops
9. Y N Drive below posted speed limits when weather or road conditions are hazardous
10. Y N Use vehicle turn signals for turns and lane changes
11. Y N Use horn sparingly
12. Y N Avoid unnecessary use of high beam headlights
13. Y N Drive at the posted speed, in the proper lanes, using non-aggressive lane changing
14. Y N Make slow, deliberate U-turns only where legal
15. Y N Avoid making or returning inappropriate gestures

The number of “no” answers indicates your level of aggressiveness. The higher the number, the more prone you are to aggressive behaviors.

1 – 3 “No” Answers – Excellent

4 – 6 “No” Answers – Good

7 – 9 “No” Answer – Fair

10+ “No” Answers – Poor; you need to work on your attitude and develop some stress-reduction techniques.

Teen driving

One out of five 16 and 17 year-old drivers will be involved in a crash this year, more than four times greater than the average rate for all drivers. Young drivers (aged 16-24) are involved in nearly 40% of all crashes. 16-24 year-olds represent only about 10% of Maine's population, but they account for a quarter of Maine hospitalizations due to motor vehicle crashes.



How to Protect Your Teen

Use Driver's Education

Know the law

Restrict passengers

Restrict night driving

Supervise Practice Driving

Require safety belt use

Prohibit drinking

Choose vehicles for safety

Maine's Graduated License System*

Maine has a law that requires a 3-step graduated drivers licensing system for new drivers who are under 18 years of age. The law includes restrictions for drivers under 21 years of age. The law is intended to allow Maine's young people to gain valuable driving experience under lower risk conditions.

What are the restrictions?

Learner's Permit - Under 21 years old:

- If a permit is issued to a person under 21 years of age, that person must hold the permit for 6 months before applying for a road test and are prohibited from using a cellular phone while operating with a permit.
- If a permit is issued to a person under 21 years of age, they must log 70 hours of driving and 10 of the hours must be done after dark.
- If a permit expires, the person must take an exam for a new permit but will not be required to wait before applying for a road test. The restriction from using a cellular phone still applies.
- Must be accompanied by a licensed driver who is at least 20 years of age and held a valid driver's license for at least two years sitting beside them.

Learner's Permit - Age 21 and Over:

- If a permit is issued to a person 21 years of age and over, that person does not have to wait 6 months before applying for a road test, however, they are prohibited from using a cellular phone while operating with a permit.

License - Under 18 years of age:

If a license is issued to a person under the age of 18, that person will receive an "**Intermediate License**" which prohibits the licensee from the following:

A. Carrying passengers other than immediate family members (grandparent; step-grandparent; parent; stepparent; spouse; child; stepchildren; brother; sister; stepbrother; stepsister)

1. A foreign exchange student;
2. A person who is under court-appointed guardianship of an immediate family member; and
3. A child whose parent is deployed for military service and is under guardianship of an immediate family

B. Operating a motor vehicle between the hours of 12 a.m. and 5 a.m.; or

C. Operating a motor vehicle while using a mobile telephone or hand held electronic device.

These restrictions are in effect for a period of 270 days from passing the road test. Violation of the conditions of these restrictions will result in a 270 day extension of the restrictions noted above and may extend beyond the 18th birthday. A \$200.00 reinstatement fee and 4-hour educational program may be required. This is part of the provisional license not intermediate. Violation of major traffic offenses will also result in having to comply with retesting requirements.

<http://www.maine.gov/sos/bmv/licenses/graduatedlic.html>

Mature Drivers



Motor vehicle crashes are the leading cause of injury-related deaths among 65-74 year olds. Although crashes are the leading cause of deaths, mature drivers have less fatal crashes than teen drivers.

Despite the fact that older drivers tend to be very responsible by avoiding high risk situations, such as night driving or adverse weather conditions, current data proves that the older driver population is still a public health issue.

The primary danger for death amongst the mature driver population is ***fragility***. As a person ages, the bones and tissue within the body are unable to withstand injury due to crashes.

How do you know when you or a loved one is considering giving up the keys?

- How is the driver's eyesight?
- Does the driver have control of the vehicle at all times?
- Has driving become a task that is scary or overwhelming?
- Are loved ones concerned?
- Do traffic situations make the driver angry?
- Has the driver received many tickets, warnings, or had discussions with Law Enforcement Officers over the past two years?

If you answered yes to any of these questions, it may be time to speak with your family and physician about these concerns.

www.seniordriving.aaa.com

Motorcycles



What do you know about motorcycles?

Title 29-A, Sec 2062

- Always give them a 5-second following distance.
- Like bicycles, they will maneuver around potholes and other road obstructions.
- Can't see them as easily, so be on the lookout – particularly in spring when they first start appearing.
- They must ride with their headlight on at all times.
- Watch for clues. A motorcycle's turn signals are sometimes hard to see. Watch the rider for clues; if the rider checks over his/her shoulder or the motorcycle leans, the rider is probably going to change lanes.
- Make it a habit to scan at intersections specifically for motorcycles.
- Allow plenty of distance when passing. Your vehicle may throw dirt or water in the rider's face and pose a serious hazard.
- Speed and driver impairment are the leading factors in single motorcycle crashes.
- Among motorcyclists killed in crashes in 2014, 29% had BAC of 0.08% or greater.

Large commercial vehicles

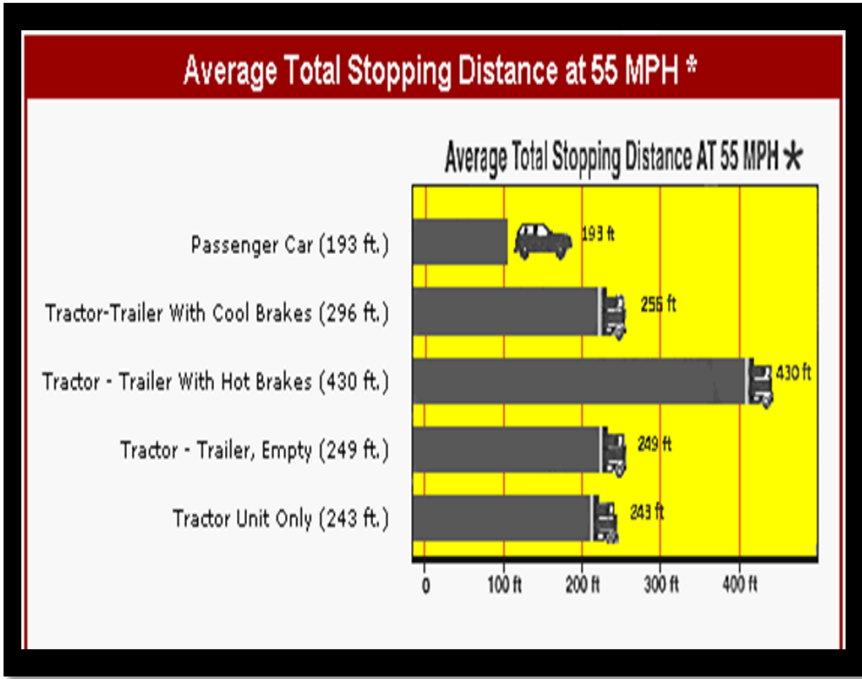


Avoid the blind spots.

- Trucks have blind spots or no zones
- Don't hang out or drive in these no-zones or blind spots for extended periods of time
- Don't tailgate large trucks
- When a large truck is making any type of turning movement stay either in the front of it or behind it, not alongside of it.
- Exercise patience and keep distance
- Large trucks take longer to stop, so exercise caution before pulling in front of them
- At intersections, be sure they have come to a complete stop before proceeding through the intersection
- They may make wide right turns
- If you can't see the driver in their side mirrors, they can't see you.

Don't hang out in the
NO-ZONE

Stopping distance, Car versus Truck



Source: Study conducted by Insurance Institute for Highway Safety and National Safety Council

- Increase following distance when following trucks.
- Three second is a minimum: When traveling behind a motorcycle, when driving a heavier vehicle or when conditions are not ideal, we should increase our following distance – allow more seconds in your counting! The closer you are to another vehicle, the smaller cushion of safety you have. Leave yourself room to move.

Trains

Never drive around lowered gates – it's illegal and deadly. If you suspect a signal is malfunctioning, call the 1-800-number posted on or near the crossing signal or your local law enforcement agency.

Never race a train to the crossing – even if you tie, you lose.

Do not get trapped on the tracks. Only proceed through a highway-rail grade crossing if you are sure you can completely clear the crossing without stopping. Remember, the train is three feet wider than the tracks on both sides.

If your vehicle stalls on a crossing, immediately get everyone out and far away from the tracks. (Move away from the tracks in the direction from which the train is approaching.) Call your local law enforcement agency for assistance.

Be aware that trains cannot stop quickly. Even if the locomotive engineer sees you, a freight train moving at 55 miles per hour can take a mile or more to stop once the emergency brakes are applied. That's at least 18 football fields!

Do not be fooled by the optical illusion – the train you see is closer and faster moving than you think. If you see a train approaching, wait for it to go by before you proceed across the tracks.

Teach children that railroad tracks are never a place to play, run, bike ride, or use as a short cut.

About every 3 seconds, a person or vehicle is hit by a train.

ALWAYS EXPECT A TRAIN!

***Freight trains do not follow set schedules.**

For more information: <http://oli.org/>

Animal traffic

Swerving for animals is dangerous as it puts you into oncoming traffic or off the side of the road. Drastic braking may cause a rear-impact collision.

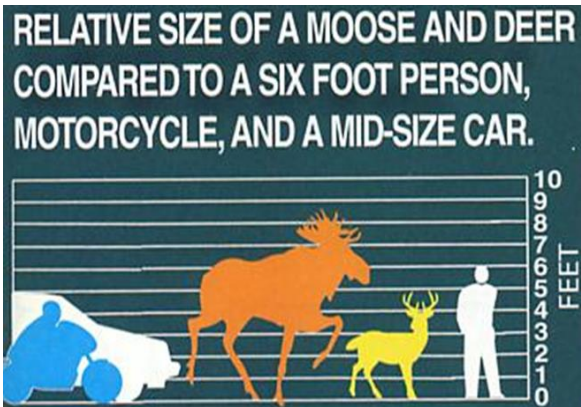


Minor damage to an automobile by one of these animals is better than a head on collision with another automobile or a tree on the side of the road. These crashes can result in extensive injuries, property damage or death.

Typically, more deer are seen near the side of the road at dusk and dawn. When you see one, there will typically be others.

Besides deer and moose, collisions do occur which involve bear, wild turkeys, cows and horses. A lot of the same safe driving tips apply – regardless of the animal.

Deer and moose can be out at any time of day but night time crashes are more prevalent. They can be found in any season and at any location. Be aware. There may be more animals on the road in the wintertime if salt is applied to the surface.



For more information please visit:
<http://www.maine.gov/mdot/>

Driver fatigue



An estimated 116 million Americans (43%) report sleep deprivation. The signs of fatigue are:

- Excessive blinking or burning eyes
- Losing focus
- Difficulty keeping your head up or shaking to stay awake
- Excessive yawning
- Rolling down the window for fresh air
- Using caffeine to stay awake
- Wandering or disconnected thoughts
- Inability to remember previous miles driven
- Driving off the road or over rumble strips
- Tailgating or missing traffic signs

Groups that are at greatest risks include:

- Shift worker
- Commercial Drivers
- Young and Old Drivers
- Drivers with undiagnosed or untreated sleep disorders

Do you think?

- Opening the car window helps to keep me awake while driving
- Drinking coffee keeps me awake
- Turning up the stereo keeps me awake
- Chewing gum keeps me awake
- I can stop myself from falling asleep

They are all MYTH BUSTERS!



The only cure for driver fatigue is SLEEP!

If you can't sleep, to help combat driver fatigue:

- Take frequent breaks on long trips
- Be extra cautious when working extra hours or working the afternoon or night shift
- Resist driving alone when possible, particularly on long, rural, dark and boring roads

Looking at the numbers: 2015

- **35,092 people died on our nation's highways.**
- **9,536 people died in speeding-related crashes (27% of all fatalities).**
- **Alcohol-impairment is a factor in nearly one-third of all traffic fatalities. In 2015, 10,265 people were killed in crashes involving a alcohol-impaired driver, 29 percent of all fatalities.**
- **Nearly half of all passenger vehicles occupants who are killed in crashes are unbuckled. In 2015, 48 percent of those killed were not restrained.**
- **5, 5,350 pedestrians were killed in traffic crashes in the United States, 15% of all traffic fatalities**
- **4,868 motorcycle riders lost their lives on America's roads.**
- **815 bike cycle riders were killed.**
- **Teen drivers have crash rates three times those of drivers age 20 and older per mile driven. In 2015, the number of young drivers 16 to 20 years old involved in fatal crashes increased by 10 percent**
- **Distracted driving was reported in crashes that killed 3,459 people (9.8 percent of all fatalities).** Many instances may go unreported. Cell phone use and texting are two of the most common distractions.

*** Nationwide statistics provided by the Governors Highway Safety Association**

Answers to Pre-Test

1. According to Maine law, passing on the right is illegal.

c. Sometimes

2. By Maine law, pedestrians have the right-of-way:

a. Only at marked crosswalks

3. According to Maine's "Move-Over" law, drivers approaching a stationary emergency vehicle displaying flashing lights, including towing and recovery vehicles, traveling in the same direction, to vacate the lane closest if safe and possible to do so, or to slow to a safe and reasonable speed.

True

4. How long does it take to "dial" a cell phone call?

c. 4-6 seconds

5. When involved in a collision, when is it required to call police?

e. Answers A & C

6. According to Maine law, what is the recommended maximum allowable speed when crossing railroad tracks?

b. Reasonable and proper speed

7. Every two minutes the typical driver makes the following observations and mistakes while driving.

d. 400 observations and 1 mistake

8. By Maine law, if you encounter an emergency vehicle with lights flashing and siren sounding:

c. Pull over to the right side of the road and stop

9. Never change lanes without first:

b. Giving the correct signal and looking to make sure the change can be made safely

10. If your right wheel gets off the pavement and onto the shoulder or the roadway, you should first:

a. Hold the steering wheel firmly and reduce speed

11. At 40 mph the average operator will travel about how far before he can stop?

c. 125 feet

12. What is the percentage of crashes that occur within fifteen miles from home?

d. 77 percent

13. The operator of a vehicle on a road, parking area, or on school property, on meeting or overtaking a school bus from either direction, when the bus has stopped with its red lights flashing to receive or discharge passengers, shall stop the vehicle before reaching the school bus. The operator may not proceed until the school bus resumes motion or until signaled by the school bus operator to proceed.

True

14. With the exception of a handicap placard, no sign, poster, opaque or semitransparent material or substance may be placed on the windshield that obstructs the driver's clear view of the road or an intersection.

False

15. By Maine law, "A person may not operate on a public way a vehicle with a load that is not fastened, secured, conned or loaded to reasonably prevent a portion from falling off." A violation of this section is a traffic infraction with a fine of:

c. \$311.00

Wrap up:

RESPONSIBILITY

Driving is a RESPONSIBILITY not a PRIVILEGE

Remember, it's about:

Prevention ♦ Choice ♦ Personal responsibility ♦

♦ Know the risk ♦

♦ Plan your Route ♦ Maintain your vehicle ♦

♦ Focus your attention ♦

♦ Minimize your distractions ♦

♦ Know your surroundings ♦

♦ Share your space ♦ Watch your speed ♦

♦ Keep your distance ♦ Signal your intentions ♦

♦ Always wear your seat belt ♦

♦ Adjust ♦ Adjust ♦ Adjust ♦

Resources

- Maine Bureau of Highway Safety
<http://www.maine.gov/dps/bhs>
- National Highway Traffic Administration
<http://www.nhtsa.gov>
- Maine State Legislature
<http://legislature.maine.gov>
- AAA Northern New England
<http://www.nne.aaa.com>
- Maine Department of Transportation
<http://www.maine.gov/mdot>
- Maine Transportation Safety Coalition
<http://www.themtsc.org>
- Governors Highway Safety Administration
www.ghsa.org
- Distraction.gov
www.distraction.gov
- Ford Driving Skills For Life
<https://www.drivingskillsforlife.com>
- Maine Department of Secretary of State
www.maine.gov/sos

Remember, It's not just your life, it's mine too.

NOTES:

EMERGENCY TELEPHONE NUMBERS

For crashes resulting in injuries or damages of \$1,000 or more, call 911 or local emergency telephone numbers.

MAINE ROAD CONDITION INFORMATION

MAINE TURNPIKE AUTHORITY: 1-800-675-7453

MAINE TRAVEL ADVISORY INFO:

<http://newengland511.org/>

**MAINE DEPARTMENT OF TRANSPORTATION WINTER
ROAD INFORMATION:**

207-624-3595

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