Buckle Up

Wear a seat belt so you’ll be there for your family and those who serve with you.

Arriving alive at the scene is the first step to getting home safely.
Buckle Up

Protect yourself to serve others.

It takes just seconds to buckle your seat belt.
Buckle Up

Click it.
A seat belt is part of your uniform in the patrol car.
Buckle Up

Don’t be another statistic.
Between 1980 and 2015, 43% of officers killed in traffic crashes were not wearing a seat belt.

Source: National Highway Traffic Safety Administration, 2018
Buckle Up

Be a model for seat belt safety in your community.
Buckle Up

Your seat belt keeps you safe so you can respond to a call.
Buckle Up

Buckle up behind the wheel.
Your family, fellow officers, and community need you.
Buckle Up

Seat belts saved almost 14,000 lives in 2015.

How many will you save by buckling up? Arrive alive!

Buckle Up

Click it so you can serve others.
Buckle Up

Arrive alive by buckling up.
Slow Down

Think before you speed.

Be aware of your driving environment when responding to a call.
Slow Down

Consider your family before speeding.
On average, 2 officers die in crashes every month.

Source: National Law Enforcement Officers Memorial Fund, 2018
How you respond to a call is just as important as what you do when you arrive.
Slow Down

Reduce your speed.
If not for your own life, then for your family and those who serve with you.
Drive safely. Always.

How can you respond to an emergency if you crash on the way?
Slow Down

Slow down and be aware of your surroundings.
Other drivers may not hear your siren until it’s too late.
Slow Down

Protect your life so you can save others.

Reducing your speed, even a little, can greatly reduce your chance of being in a fatal crash.

Road Accident Research Unit, University of Adelaide, 2001
Slow Down

You’re not the only one on the road.
Slow Down

Make sure that intersections are clear when responding to emergency calls.
Slow Down

Reduce your speed in residential areas.

30% of people killed in a police pursuit crash were innocent bystanders.

Source: Rivara, 2004
Focus

Focus on driving—pull over to use your MDT or other in-car electronics.

We have limited ability to do two things at once.

Focus

Behind the wheel, driving is your primary job.

Crashes are a leading cause of officer deaths.

Source: National Law Enforcement Officers Memorial Fund, 2016
Focus

Drive safely.
Can you back up your fellow officer if you never make it there?
Focus

Focus on the road to arrive alive.
A lot can happen when you take your eyes off the road, even for a few seconds.

Source: Federal Motor Carrier Safety Administration, 2014
Focus

Focus on driving to keep roads safer for everyone, including other officers.
Focus

Don’t crash responding to a call.
Keep your eyes on the road, hands on the wheel, and mind on driving.
Focus

Pull over to use your MDT or other in-car electronics.

Keep yourself safe so you can serve others.
Focus

Focus on driving to arrive alive.
We all need you.
Focus

Distraction can harm those you serve.
3,477 people in the U.S. died in a crash involving a distracted driver in 2015.

Source: National Highway Traffic Safety Administration, 2017
Focus

Focus always, not just when responding to a scene.
Remain Calm

Practice slow, controlled breathing to keep a focused mind.

You can train to control your body during stress.
Remain Calm

Control stress by breathing slowly and steadily.
Provide back-up with a clear mind.
Remain Calm

Focused and controlled breathing increases awareness and improves reaction time.

Source: The American Institute of Stress, 2017
Remain Calm

Breathe slowly in through your nose and out through your mouth.
Remain Calm

You are in the driver’s seat. Take control of how you respond to stress.
Remain Calm

Practice breathing techniques to keep your mind focused in a stressful situation.
Remain Calm

Breathe in. Breathe out.
You’re ready to serve.
Remain Calm

Reduce your stress:

Deep breath in... 1...2...3...4...
Breathe out... 1...2...3...4...
Remain Calm

Practice slow, controlled breathing before you decide to respond.

Stress happens.
Take control of your adrenaline.
Remain Calm

Use tactical breathing (i.e., slow, controlled breaths) to lower your stress.

You can’t see stress, but it’s still there.