



# 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!

Source: National Highway Traffic Safety Administration, 2016





# 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





# Slow Down

**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.





# Slow Down

**Drive safely. Always.**

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

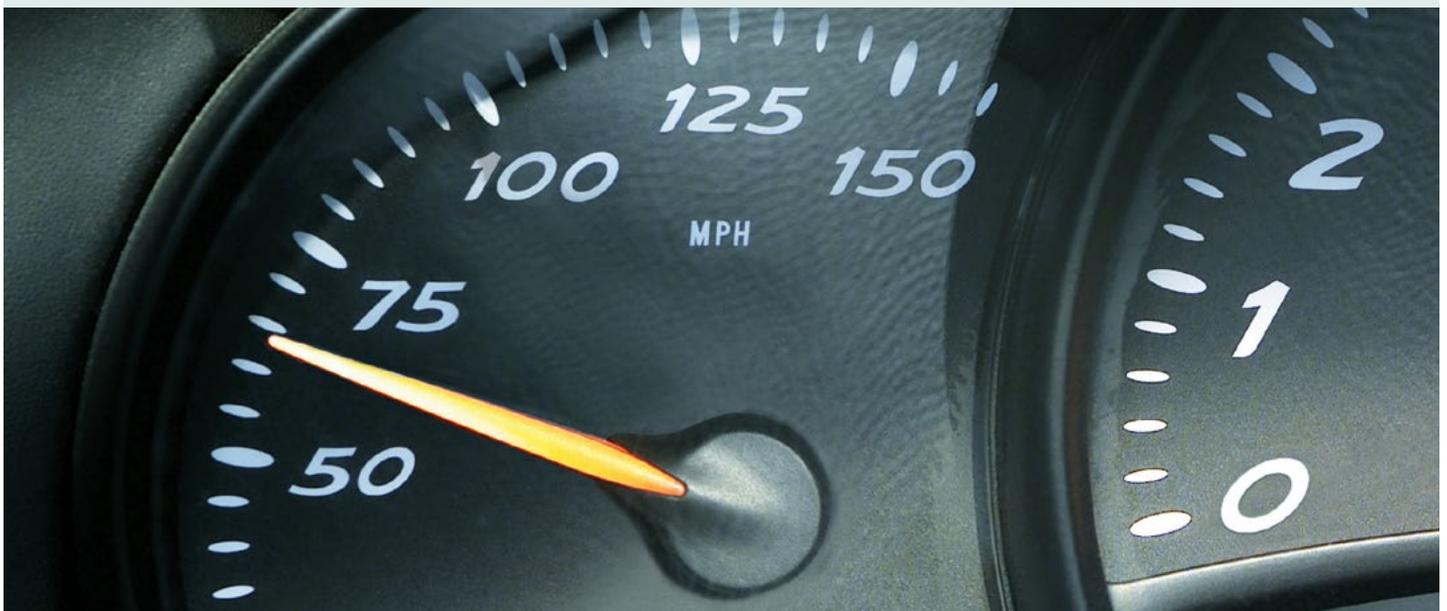




# Slow Down

**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.

Source: National Safety Council, 2012





# 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

**Observe. Inhale. Visualize.  
Exhale. Repeat.**

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.**



# officer road code *toolkit*



# 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.

