

# crashtests**WILDHAUS**

Safety recommendations

## **Mobile and safe? Driving is a risk at any age.**

### **Safety tips...**

#### **...for young drivers, their parents and friends**

##### **Tips for young drivers**

- ⇒ Always drive sober: Do not drink alcohol or take drugs if you intend to drive.
- ⇒ Take a taxi if nobody at the party volunteers to abstain from alcohol so as to be able to drive everybody else home. This is always cheaper than having an accident.
- ⇒ Don't play around with your mobile while driving.
- ⇒ Don't let exuberant friends in the car distract you from driving.
- ⇒ If you're driving home at night and begin to feel tired, stop the car and take a 15-minute nap.
- ⇒ Never drive faster than you're allowed – even that can be too much – and slow down even more at night and when driving in rain, snow or fog.
- ⇒ Maintain your car (check your tire pressure and tread regularly, etc.).
- ⇒ Always wear your seat belt and ensure that your passengers do the same. It is the key lifesaving device in your car.



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## Tips for the parents of young drivers

- ⇒ In Switzerland: If you want to accompany your child when he/she is learning to drive, make sure that you are aware of current traffic regulations and of what learner drivers need to know nowadays. You may be allowed to accompany your child during a lesson with a driving instructor, or perhaps you could take a driving lesson yourself.
- ⇒ In Germany: Make the most of the opportunity to use accompanied driving to pass on your experience.
- ⇒ Make young drivers aware of the special risks of alcohol and speed and those of nighttime driving, especially when there are several young people in the car and the danger posed by group dynamics is high.

## Tips for friends

- ⇒ A car is not a disco. Don't distract the driver: no loud music, no shouting and screaming, no egging on, etc.
- ⇒ Don't get into the car if you don't trust your friend's driving style or if your friend isn't fit to drive.
- ⇒ Tell your friend if you don't like the way he drives.

## Tips for the right car for young drivers

- ⇒ The car must always be in excellent technical condition.
- ⇒ When you're buying a car, look for safety features rather than performance. Only the more recent cars – less than 10 years old – have sturdy passenger cells, airbags, driver assistance technologies (e.g. ABS, ESP) etc.
- ⇒ An old car for which dents are of little consequence is not good enough as a car for a new driver. Its safety features are much too rudimentary for inexperienced drivers.

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## Safety tips...

### ...for elderly drivers and the people around them

#### Tips for the 50+ generation

- ⇒ Start thinking early about your mobility and how to maintain it into old age.
- ⇒ Look after yourself mentally and physically so that you can be safe in road traffic.
- ⇒ Take sight tests and have your doctor check your fitness to ensure that you're still fit for the road.
- ⇒ Be honest with yourself and don't put others at risk for selfish reasons.
- ⇒ If your doctor prescribes medicines for you, ask if they will impair your ability to drive.
- ⇒ Buy a car that suits your age and gives you a good all-round view of the road.
- ⇒ Have someone explain your new car and its driver assistance features to you.
- ⇒ Before you set off, find out about the route you will take and operate the car's navigation system only when the car is standing still.
- ⇒ Don't drive if you are tired, and if you feel tired during the day find out if you suffer from interrupted breathing during sleep, a condition that can cause you to nod off temporarily during the day.
- ⇒ If you're driving at night, don't wear tinted eyeglasses, and don't drive if your car has tinted window glass.
- ⇒ Always keep your eyeglasses and windscreen clean in order to make up for glare sensitivity and age-related sight degeneration.
- ⇒ Turn off the radio and the air-conditioning fan when you're maneuvering and reversing so that you can hear the reversing sensors.

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## **Tips for the children of elderly drivers**

- ⇒ If your parents' ability to drive is restricted or if they can no longer drive at all, be sure to talk to them about it and their mobility options.
- ⇒ Encourage your parents to familiarize themselves with other types of mobility at an early stage, while they're still able to drive.
- ⇒ Let your parents know about any changes in road traffic regulations.
- ⇒ Accompany them a few times if they are driving a difficult or unfamiliar stretch of road; practice it with them.

## **Tips for people around elderly drivers**

- ⇒ Let elderly drivers know if you don't think they are driving well and tell them why you think this is the case.
- ⇒ Offer to drive if you are fitter than your colleague or friend.

## **The right car for an elderly driver**

- ⇒ has an automatic transmission
- ⇒ is easy to get in and out of
- ⇒ has a parking assistance system
- ⇒ has good all-round visibility
- ⇒ has other driver assistance systems (e.g. braking assist, adaptive cruise control, blind-spot assist)