



Family & Passengers

On The Road With Your Pets

Longer car trips can be just as challenging for some pets as they are for some people. But if you plan ahead, you, your pet, and everyone else on the trip, will be safer and more comfortable.

Safety Fact

Restraints and following proper recommendations can save you and your pet from having an accident.

Before You Go

- Get a clean bill of health from your pet's veterinarian.
- Ask the vet for a health certificate and documentation of vaccinations that you can carry with you. (This is especially important if you'll be crossing country borders.)
- Start acclimating your pet to car travel by taking it on short trips near home.
- If you're going to be using a crate (see below), first acclimate the animal to the crate at home before trying it out in your vehicle.
- Call ahead to find hotels/motels on your route that welcome pets.
- Be sure your pet is wearing updated ID tags.



Restraints

Cats generally do better traveling inside carriers. You may be able to teach a dog to stay put calmly and quietly inside the vehicle. Even so, carriers, crates and other pet restraints have several advantages:

- They can protect your pet from injury
- They keep smaller animals from wandering under the driver's feet.
- They reduce driver distractions.

3 Don'ts

Whatever you decide with regard to restraints:

- Don't let your pet stick its head out the window of your moving vehicle. The dangers to your pet are many.
- Crated or not, don't place the pet in the bed of a pick-up for a long trip.
- Don't ride with the pet in the front seat or on your lap. It's dangerous for both of you.



And Don't Leave Them Alone

It may be OK to leave your pet alone in your vehicle for a few minutes on a temperate day, with the window open a crack and water available. But on cold days you're putting your pet at risk of hypothermia if you leave it alone for long. And on hot, the risk of overheating is greater than most people think. Even with the window cracked, and even at temperatures that seem pleasant, your pet is at risk.

Care and Feeding

Plan rest and refreshment stops for yourself and your pet. But don't let the animal roam free outside the vehicle on these stops. Plan to feed your pet one meal each travel day, preferably in the evening, with a small snack or two outside mealtime.

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Personal Matters

Multitasking Is A Dangerous Myth

The U.S. National Safety Council recently compiled and analyzed over 30 research studies and came to a couple of clear conclusions: First, driver distractions play a significant role in crashes that result in serious injuries and fatalities (see Fact). Second, multitasking is a myth.

What we picture when we think of multitasking is a human brain performing two tasks efficiently at the same time. The brain can't really do that. What it actually does is to quickly, almost imperceptibly, switch its full attention back and forth between one task and another, over and over again. This makes it seem as though we are the productive multitaskers of modern myth, but in reality we are only carrying out one task at a time, a little bit at a time, and not doing either task particularly well.

When it comes to driving, switching the brain off of driving, even momentarily, can lead to significant risks as a result of delayed reaction and braking time.



Example

A driver is talking on the phone while approaching a red light, and a pedestrian steps off the curb directly ahead of the vehicle. The driver may see the red light and the pedestrian, process this visual information, and slow down or stop. Then again, maybe not. In the worst case, "cognitive blindness" sets in. The brain is fully engaged in the phone conversation and, almost unbelievably, the driver does not see the red light or the pedestrian at all. The result is disastrous. Although the situation in the example did not involve anyone from Johnson & Johnson, it was taken from real life.

Safety Fact

Distraction has joined alcohol and speed as leading factors in serious crashes.



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Vehicle Safety

Rural Driving

Rural driving presents unique challenges. Some of them combine to make rural crashes more deadly than urban ones. For one thing, it simply takes longer, on average, for life-saving emergency care to arrive on the scene of a crash. Some of the other factors that present special challenges or dangers include:

- Lower use of seat belts
- Lack of roadway lighting at night
- Line of vision is often limited by hills, curves, foliage
- Unpaved or gravel roadways
- Sharing the road with slow-moving vehicles, such as farm equipment

A few adjustments will help you decrease your crash risks in rural areas.

Scanning

You still want to scan about half a mile (or kilometer) ahead. Sometimes, though, your line of sight will be cut short by hills, curves, or foliage on rural roadway. So when you can't scan ahead as far as you'd like to remember to scan as far ahead as you can see, keeping in mind that the goal is to spot and react to potential hazards as early as possible.



Sharing the Road

Sooner or later on a country road, you're going to come up behind a slow-moving vehicle, such as farm equipment. When you do, the farm equipment will probably be moving at about half your speed, so slow down immediately. If you don't, you'll be on the bumper of the equipment before you have a chance to even think about proper following distance.

Passing

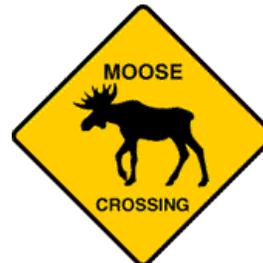
Use extra patience and care when passing other vehicles on 2 or 3-lane roads. Don't rush your pass. Even if another driver is waving you around, be sure your path is clear before you make your move. And don't even think about trying to pass:

- On a hill
- On a blind curve
- By using the shoulder
- On a stretch of road where passing is prohibited

Animal Collisions

Wherever you know animal collisions are likely, take precautions. In particular, take roadside warning signs to heart, as they mark areas where collisions have occurred before and are likely to occur again.

- Slow down.
- Stay alert and scan constantly.
- If you see an animal by the roadside, be prepared to brake
- Increase your normal following distance.



Safety Fact

Rural crashes result in fatalities about twice as often as urban crashes.

Pedestrians

Pedestrians have very little protection on rural roads. They're walking close to traffic, there are no traffic signals to protect them, and most drivers aren't watching as closely for pedestrians as they would in urban or suburban areas.

To avoid problems with pedestrians:

- Watch for them when you scan.
- Resist the urge to speed on rural roads.
- Be especially careful near schools, shopping areas and other public facilities along the road.

If you do see someone on foot by the side of the road:

- Slow down immediately.
- Be prepared to brake fully if anyone moves toward the road.

One final tip: Drivers are more often injured when they try to swerve around an animal (and end up swerving into

another dangerous situation) than when they hit it. So if there is an animal in your path, brake immediately and hold a steady path.

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Streets & Sidewalks

Slips, Trips & Falls

Think of all the places you visit every day. Slippery surfaces, stairs, curbs, ramps, potholes... You can't control all the potential hazards you'll encounter each day, but you can be ready for them so they don't trip you up. Follow these suggestions to minimize your chances of a slip, trip or fall injury.

To learn more about fall prevention, view our series of modules on this topic by clicking videos below:



Stay aware of the surfaces you walk on.

Be wary of smooth surfaces. Even the innocent-looking paint lines on pavement can become quite hazardous when wet. Rough surfaces provide better traction, but any surface will be slippery when wet, icy, oily or in bad condition.

Wear slip-resistant footwear.

Smooth soles don't help and can make walking on slippery surfaces even more hazardous. Wear stable shoes with non-slip soles; they provide traction even on smooth surfaces.

Help keep floors and walkways clear.

If you drop or spill something, clean up after yourself. If you see a spill or debris or any other unsafe condition, avoid walking through the area, but also report it so that others aren't harmed.

Be cautious on stairways.

Yes, hold the handrail all the way. But also be careful not to carry large or awkward loads on stairways. And be especially watchful for uneven steps, unlit stairwells and stairs that are wet, oily or cluttered.



Safety Fact

Slips, trips, and falls are among the top serious on-the-job injuries at Companies Worldwide. Be careful!

Poll Question

Which of the following fall-prevention measures do you feel you're conscientious about? (choose all that apply.)

- I wear slip-resistant shoes most of the time.
- I hold the handrail on stairways.
- I keep an eye out for slippery surfaces in bad weather.
- I report spills and other fall hazards when I see them.
- Honestly, I don't give any of these things a lot of thought.

[Vote](#)

[Results](#)

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Environment

Plan For Better Fuel Economy

You already know that keeping your vehicle well-maintained and avoiding bad habits like speeding and jackrabbit starts and stops can increase your fuel efficiency. But if you're ready to go even greener, we've put together six tips to help you plan your way to better fuel economy. It's good for the Earth. It's also good for you, because it saves both time and money and, as we'll see, it can even keep you safer on the road.

Here's how to get started. Whether the trip is business or personal, planning in advance is the key. Don't forget to track your mileage to see how your efforts are paying off!

- Plan a route that avoids backtracking. In other words, you don't want to head north then south then north again.
- Try to avoid congested routes and high-traffic hours. Plan meals and off-the-road tasks like checking e-mail to coincide with these hours.
- For personal errands, try "trip chaining"—it's as simple as combining many of your short trips throughout the week into one longer trip.
- Given a choice, shop at stores closer to home.
- Depending on where you live, you might also consider one-stop shopping at stores that offer groceries, a pharmacy, bank services, etc. under one roof.
- Plan a route that involves only, or at least primarily, right turns. (No we're not crazy. See below.)



Safety Fact

Every gallon of fuel you save keeps 20 pounds (9 kilograms) of carbon dioxide < the big culprit in greenhouse gasses> out of the air.



While You're At It, Go Brown

In 2006, United Parcel Service (UPS) delivery trucks drove 2.5 billion miles (4 billion kilometers), but between improved route-mapping technology and simply asking couriers to avoid left turns whenever possible, the company saved three million gallons of fuel. It's true; UPS drivers do all they can to plot routes that avoid left turns. As a result, they spend less time idling as they wait to turn left across traffic. Less time idling means less time burning fuel unproductively. And less time turning across traffic means less risk to the driver. Let's see: more fuel efficient, time-saving, and safer. Certainly worth a try, wouldn't you say?

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