

# UW-W SAFETY SPOTLIGHT

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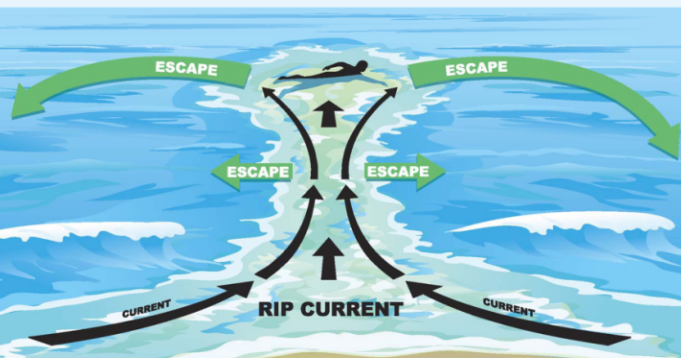
By: UW-Whitewater Safety Academy

Every year, college students travel U.S. and international hotspots for Spring Break. You deserve a break, but before you go, prepare yourself with knowledge so you make good memories and not bad ones!

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**Trending Topics**

## RIP CURRENTS Break the Grip of the Rip!



Rip currents are powerful currents of water moving away from shore. They can sweep even the strongest swimmer out to sea.

Every year, more than 100 beachgoers on average drown due to these strong river-like channels of water that pull swimmers away from the shore, according to the U.S. Lifesaving Association (USLA). Nearly half of all rescues made by lifeguards at ocean beaches are related to rip currents.

## 10 SAFETY TIPS

For A Spring Break Road Trip

### #1 RESEARCH BEFORE YOU GO.

No matter the destination, travel is SO much easier when there's a plan. Make sure you map out your travel routes & activities to avoid wasting time getting lost & stressing out.

### #2 TAKE TURNS.

When you're going on a road trip, take turns behind the wheel & make sure someone is sitting in the passenger seat. They can help keep you awake, aware, keep an eye out for traffic, and help with directions.

### #3 BRING SNACKS.

Pack lots of snacks that are easy to eat, keep energy levels high & don't need to be refrigerated. You won't regret it.

### #4 TRAVEL LIGHTLY.

Remember, there's limited space in a car, and you are going to be sitting in the car for a while. Try your best not to overpack.

### #5 MAKE SURE YOU HAVE A SPARE TIRE.

Before you leave for your road trip, double-check to make sure your trunk is equipped with your 'donut' tire. It may be beneficial to watch some online tutorials on how to change a tire.

### #6 CREATE A PLAYLIST.

Make sure you've updated your phone with upbeat music. Mellow music will make you tired on your road trip and tired drivers are just as dangerous as drunk drivers. Don't forget your car charger!

### #7 AVOID ALCOHOL.

If you know you're going to be driving, don't drink. Drinking & driving is extremely dangerous and increases your risk of getting into an accident.

### #8 ABIDE THE TRAFFIC LAWS.

Make sure you're driving at a reasonable speed on your road trip route. A \$600 speeding ticket will definitely put a damper on your spring break.

### #9 DETERMINE MILEAGE.

Fuel is a major expense on road trips. Use a RTA Fuel Cost Calculator to see how much money & gas you will need for the whole trip.

### #10 ROADSIDE ASSISTANCE.

Find out before you depart for your road trip if your auto insurance covers roadside assistance. If not, consider purchasing AAA.