

**HART** is a non-profit transportation management association serving Hunterdon County.

Our mission is to **educate** the commuting public on alternatives to single occupancy vehicles; to **facilitate** the establishment of carpools, vanpools and similar rideshare arrangements; and to **advocate** for travel demand management.

**HART** is governed by an independent Board of Trustees and is funded through grants from the NJ Department of Transportation, NEW JERSEYTRANSIT, and the support of our members.

**All HART services are offered at no charge.**

For information on all **HART** services, please visit our website, [www.harttma.com](http://www.harttma.com), or contact the HART office, 908.788.5553.



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# HART Commuter Café

## Lunchtime Information Series



Employees at Merck & Co, Inc in Whitehouse Station learn about "Avoiding Road Rage" at a Commuter Café



## now serving Commuter Café Topics

### Winter Driving Tips

Learn how to prepare your vehicle for winter driving; what to carry in your car during winter months; what you should know and do before you get behind the wheel; steering through skids; techniques for driving on ice; and safe following distances.

### Driving on Rural Roads

Winding roads, poor lighting, lack of curbs, and the presence of wildlife make driving on rural roads very different from driving on the highway. Learn safety techniques to help you navigate the "back roads".

### Driving Safety Tips for Women

Learn how to stay safe when you are approaching your vehicle and driving your vehicle. Also, find out keys to survival in a carjacking scenario.

### Sharing the Road with Tractor Trailers

Commuting on interstate highways becomes a challenge when you are sharing the road with large tractor trailers. Learn the best way to communicate with, and navigate around, these large vehicles to stay safe.

### Avoiding Road Rage

Learn simple techniques to avoid being a victim of road rage—and how to keep your own rage in check.

### Personal Safety: Don't be a Victim in Your Car

Learn to take simple precautions to avoid being a victim in your car.

### Fatal Vision: Drunk Driving Prevention

Driving while intoxicated is the number one cause of traffic fatalities in the United States. Get the facts and learn the laws.

### Auto Insurance Buying Tips

Buying automobile insurance can be confusing. Learn the basics of buying a policy and saving on your premiums.

### Driving Distractions

Cell phones...children, construction...the radio...  
Learn how to stay focused on your driving.

### What to Do If....

Learn what to do if...you are in a traffic accident...your car breaks down on the road... your car slides off the road...your engine is on fire....your car is submerged in water. Find out how you should react in a variety of auto related situations.

### Defensive Driving

Learn the basics of defensive driving....trip planning...evaluating the traffic environment, anticipating the actions of others, decision making and implementing maneuvers.

Additional topics may be available by request

### What is a Commuter Café?

"Commuter Cafés" are **free** information sessions on topics related to commuting. Sessions are held on-site at employer worksites or community centers.

### Why does HART sponsor Commuter Cafés?

HART's goal in sponsoring the sessions is to provide a forum for discussing ways to improve the commute experience.

### Who makes the presentation?

A local police officer, or other expert, makes the presentation.

### When are Commuter Café sessions held?

Commuter Cafe sessions are held at lunchtime. Presentations are scheduled for approximately 40-45 minutes, with 15-20 minutes designated for questions and answers.

### Is there a minimum number of "guests" needed to schedule a Commuter Café?

Yes. As a courtesy to our speakers, we ask that you have a minimum of 15 people in attendance.

### Is lunch provided?

Commuter Café sessions are "bring your own/brown bag", but hosts may opt to have lunch brought in, at their own cost.

### How can I schedule a Commuter Café?

Call the HART office, 908-788-5553 to request a topic and provide at least two potential dates. HART staff will work to secure a speaker and will contact you to confirm.

### How can I advertise an upcoming session?

HART can provide you with flyers or a brief article that can be included in mailings, newsletters, intranet notices, or other venues.