PREVENT DISTRACTIONS TO BE A SMART DRIVER

STAY FOCUSED ON DRIVING
- Keep eyes on the road
- Scan surroundings for hazards
- Keep both hands on the wheel
- Check blind spots

MAKE PREPARATIONS BEFORE YOU BEGIN
- Secure children & pets
- Find sunglasses
- Store loose items
- Prepare navigation tools
- Set audio and climate controls
- Complete personal grooming or adjust clothing
- Fasten your seat belt

AVOID ALL OTHER ACTIVITIES
- Text or talk later – leave your phone alone
- Wait until stopped to:
  - Look for something in the vehicle
  - Change vehicle controls (AC, mirrors, etc.)
  - Search for music or change the radio
  - Eat or drink
  - Read map directions or adjust navigator

RELY ON PASSENGERS
- To call or text
- To navigate
- To secure pets
- To help children
- To look for things in the vehicle
- To adjust radio, AC, heat

TEXT OR TALK LATER – LEAVE YOUR PHONE ALONE!
- Create a calm environment
- Ask friends & family to avoid contacting you when they know you’ll be driving
- Let your friends know that you don’t talk on the phone or text while driving

RETURN THE FAVOR: Avoid calling or texting other drivers when they are on the road!

Adults who looked away from the road for 2 seconds or longer were 2 times more likely to crash or nearly crash

Teens that looked away from the road for 2 seconds or longer were almost 4 times more likely to crash or nearly crash