

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!

