



Tips to Avoid Distracted Driving

Think Before You Drive

- Plan in advance: eat, drink, make your phone calls before you leave; leave a little earlier—you'll be less stressed
- Make sure your children are comfortable, properly buckled up, and occupied
- Be familiar with the equipment in your car, for example the stereo
- Check your route before leaving, don't read a map while driving
- Attend to personal grooming before you drive

Stay Focused and Pay Attention

- Limit interaction with passengers
- Do not talk on a cell phone while driving—even with a hands-free device
- Do not text while driving
- Avoid taking your eyes off the road
- Keep both hands on the wheel
- Don't take notes while driving; find a safe place to stop before writing things down

Avoid Driver Fatigue

- Stay focused on the road
- Don't daydream
- Don't drive if you are tired
- Share the driving responsibilities on long trips

Don't drive when Angry or Upset

- Postpone complex or emotional conversations with passengers until you arrive at your destination
- Pull over to side of road if you are too upset to drive

Drive Defensively

- Avoid “gawking” or slowing down to look at a crash or other activity
- Know where your “out” is at all times and be prepared to use it
- Keep a vigilant watch around the vehicle by shifting your eyes every few seconds and checking the rear-view mirror every five to eight seconds; this forces your brain to stay focused on driving
- Signal your intentions early enough to give others more time to react to your move
- Be vigilant for construction workers, changing traffic patterns, and approaching emergency vehicles
- Be prepared for poor driving conditions