

Distracted Driving

- **Be aware that distraction is a problem that affects YOU.**
 - More than 2/3 of motorists admitted to talking on a cell phone while driving in the past month.
 - More than 1/3 admitted to reading a text or email in that time.
 - More than 1/4 admitted to typing or sending a text message or email while driving.
- **Don't touch that dial.**
 - Adjust seat positions, climate controls, sound systems, and other devices before you leave or while the vehicle is stopped.
 - Know how your controls work, so if you must adjust something on the fly, you'll be less distracted.
 - Use presets for radio and climate control, or have your passenger assist you.
- **Stop to eat or drink.**
 - Drive-through windows and giant cup holders make it tempting to have a meal while driving, but you're safer when you stop to eat or drink.
- **Pull over to a safe place to talk on the phone, or send text messages or emails.**
 - Whether you use a handheld phone or a hands-free device, talking while driving causes you to take your mind off the task at hand (and sometimes your eyes and hands, too).
 - Your best bet is to pull off the road to a safe spot before you use your phone to talk, text, or surf the web.
- **Plan ahead.**
 - Check directions and traffic conditions before you leave, so you'll be prepared for your journey.
 - If you have a GPS, enter your destination information before departing, and pull over to a safe place if you need to make changes or review maps or route guidance. If possible, use a passenger as your navigator and assistant.
- **Don't multitask and drive.**
 - Driving is complicated enough -- you'll become distracted if you do other things, too.
 - Don't use the vehicle's mirrors for personal grooming when the vehicle is in motion.
 - Don't try to read or write while you're behind the wheel. Just drive.
- **Pull over to care for children.**
 - Change the baby, feed the kids, and buckle them into their vehicle seats before you leave.
 - If you need to attend to them, pull over in a safe place -- don't try to handle children while you're driving