



# A Lifesaving Checklist

Thousands have died in vehicle crashes because drivers are distracted by cell phone conversations, emails, text messages and social media. Do not become a statistic. Here are some tips to keep your eyes on the road, your hands on the wheel and your mind on the drive.

- First and foremost, turn off your cell phone. Put it in the glove compartment, in your purse or in your trunk. There is no safe way to make a call while driving – not even hands-free.
- Send and read text messages and emails before you start driving.
- If you're going on a longer drive, schedule breaks to stop, park safely, and respond to messages.
- Using voice features in your car's infotainment system is also distracting. Take care of communications before you start driving.
- Know where you're going before you put the car in "drive." Put your destination into your GPS so you do not need to touch it while the car is moving.
- Social media can wait. No update, tweet or video is worth a life.
- Park in a safe area if you must take a call, return a text or check email.
- Do not call or text friends or family if you know they are driving.

Distracted driving is an epidemic.

**Be part of the solution, *Just Drive.***



DISTRACTED DRIVING AWARENESS MONTH 2018



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