



## DRIVING WITHOUT DISTRACTION CHECKLIST

### Remember

Keeping your eyes on the road, your hands on the wheel and your mind on the task of driving are **all** needed to be a focused driver.

Driving safely requires your full attention. NSC estimates 1 in 4 car crashes involve drivers using cell phones. There is no phone call, email or text message that is worth someone's life.

Consider the following to stay focused behind the wheel and reduce your risk of being in a crash.

### Before You Drive

- Develop a habit of turning off your cell phone when you get in your vehicle, and turning it back on when you are done driving – if you can't turn your phone off, put it on vibrate or silent mode
- Put your cell phone in your trunk to avoid temptation
- Record a voice mail greeting telling callers it is not safe to make calls while driving, and you will return their call as soon as you are able
- If you spend a lot of time on the road, organize your route and schedule to allow time to make and return phone calls from the parking lot of one location before leaving to drive to the next one

### While You Drive

- Do not make or answer cell phone calls, even with hands-free or dashboard infotainment systems
- If you must make an emergency call, leave the road and park in a safe area
- Do not send or read text messages or e-mail
- If you are driving with a passenger, allow them to operate the phone – if you must make calls, let someone else drive
- Focus on the road and enjoy cell phone-free driving

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