Safe **FOR** Life

Avoid the **Dangers of Distracted Driving**

It is easy to become distracted while driving these days, especially with cell phones and infotainment systems being built into our vehicles. But driving is a task that requires your full attention. Safe driving practices require you to constantly search the roadway ahead for situations that could require you to take quick action. Distraction comes in many forms, such as:

Manual distraction: causes drivers to take their hands off the wheel, such as talking on a cell phone, caring for a child, eating and grooming.

Visual distraction: causes drivers to take their eyes off the road, such as looking for or at things in the vehicle and looking at things in or outside of the vehicle.

Cognitive distraction: causes drivers to take their mind off the road, such as thinking about what happened at work or talking to others.

Unfortunately, we see distracted drivers all too often on the roads. Here are some common signs of distracted drivers:

- **Drives below the posted speed limit**
- **Appears to be on their cell phone**
- **Does not stop at a stop sign**
- **Reaches for something inside the vehicle**
- **Is eating or drinking while driving**
- **Pulls out in front of your vehicle**
- **Is applying make-up while driving**

Follow the Focused Driver Checklist

☐ **Adjust vehicle controls such as mirrors, seat, radio and air temperature controls before you start driving**

☐ **Program the GPS before leaving for your destination**

☐ **Plan ahead – determine routes, directions and check traffic conditions before you leave**

☐ **Do not multitask while driving**

☐ **Do NOT talk on your cell phone or infotainment system, even hands-free**

☐ **Do not reach down or behind your seat, pick up items from the floor or clean the inside of the window while driving**

☐ **Do not eat or drink while driving**

☐ **Pull over to a safe area to care for a child**

It is important to our safety and those we share the roads with to find ways to identify and eliminate distractions that occur while driving.

Information courtesy of NSC Driver Safety Training

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