IF YOU'RE DISTRACTED
WE'RE IMPACTED!

Dress for Success…
Before you get in the car.

Prepare children and pets
for the trip - buckled in, with
snacks & entertainment.

Eat meals and snack before you
get behind the wheel.

Turn phone off, so you're not
tempted to use it. Pull over to
talk on phone / or send &
receive texts.

Distracted Driving is
characterized as any
activity that could divert a
person’s attention away
from the primary task of
driving.

Actions including:....

Texting
Using a cell phone / Smartphone
Eating & drinking
Talking to passengers
Grooming
Using a navigation system
Adjusting a radio, CD player, DVD

....can cause severe distractions
and limit a driver's visual, manual,
& cognitive attention.

When you decide to drive,
take an extra minute to do these in
advance. This will ensure you
arrive alive!