

## Prevent Distractions to Be a Smart Driver

### Stay Focused on Driving

- Keep eyes on the road
- Scan surroundings for hazards
- Keep both hands on the wheel
- Check blind spots

### Make Preparations Before You Begin

- Secure children and pets
- Find sunglasses
- Store loose items
- Prepare navigation tools
- Set audio and climate controls
- Complete personal grooming or adjust clothing
- Fasten your seat belt

### Avoid All Other Activities

- Text or talk later – leave your phone alone
- Wait until stopped to:
  - Look for something in the vehicle
  - Change vehicle controls (AC, mirrors, etc.)
  - Search for music or change the radio
  - Eat or drink
  - Read map directions or adjust navigator

### Rely on Passengers

- To call or text
- To navigate
- To secure pets
- To help children
- To look for things in the vehicle
- To adjust radio, AC, heat

### Text or Talk Later – Leave Your Phone Alone!

- Create a calm environment
- Ask friends and family to avoid contacting you when they know you'll be driving
- Let your friends know that you don't talk on the phone or text while driving



**Return the favor: Avoid calling or texting other drivers when they are on the road!**