

TIPS TO AVOID DISTRACTED DRIVING

01 PUT THE PHONE DOWN



Using your phone while driving doubles your chances of causing an accident. Do not use your phone unless you glance at it as a GPS, or for emergencies. Otherwise, always pull over to send a message or make a call.



REST IF YOU'RE TIRED 02

Driving while drowsy increases your risk of crashing by nearly 4 times. Researchers say drowsy drivers have similar reaction times and decision making skills to that of drunk drivers. So if you're tired, get off the road ASAP!

03 LIMIT PASSENGER DISTRACTIONS



Driving with friends can create a dangerous driving environment. The more passengers interact with the driver, the greater the risk of a crash. Limit stimulation from passengers and other activities in the car while driving.



AVOID EATING WHILE DRIVING 04

Finishing your breakfast on the way to work or school may seem like a time-saver, but it means you are less attentive to the drivers around you. Food spills are a major cause of distraction.

05 DO YOUR MULTI-TASKING OUTSIDE THE CAR.

Focus on the road and the drivers around you. Get everything settled before you start driving.

