



Avoiding Distractions

Follow these tips provided by the National Highway Traffic Safety Administration, the National Safety Council and the AAA Foundation for Traffic Safety to avoid being distracted while driving:



- **Do not drink alcohol before driving.**
- **Do not read or write while driving.** Complete driver paperwork while the vehicle is stopped and parked in a safe area.
- **Do not try to type, text or read messages** on a computer or satellite communication system while driving. Pull off the road at a safe and legal parking location to perform these tasks.
- **Do not engage in stressful or emotional conversations** with passengers in the vehicle.
- **Do not let occupants** of other vehicles distract you from your focus on driving.



- **Get adequate sleep before any trip.** Fatigue decreases attention and reaction time.
- **Avoid taking any medication that can cause drowsiness,** either before the trip or while driving. Be sure to read the label carefully. Consult with your physician regarding alternate medications that do not cause drowsiness.
- **Review driving directions** and maps and check traffic and weather conditions before your trip.
- **Clean and adjust all mirrors** for best all-around visibility before starting the vehicle.
- **Pre-select and pre-load** your favorite music before driving.
- **Turn off cell phones.** Pull off the road in a safe and legal place when making or receiving a call on a cellphone. Even hands-free devices have proven to be a driving distraction that cause collisions.
- **Clear the vehicle** of unnecessary objects.
- **Become familiar with the location** and use of in-cab controls before you start driving.
- **Postpone eating and drinking until the vehicle is safely stopped.** Many collisions have occurred by just “getting a sandwich out of the cooler” while driving.
- **Avoid being distracted** by billboards or other forms of non-driving related signs.
- **Be observant of pedestrians,** but do not let them be a distraction to your driving.
- **Always keep your emotions under control** when in stressful driving situations.
- **Look for these same distractions** in other drivers and give them plenty of room.
- **Drive defensively.** Plan for and expect the unexpected, always leave yourself an out.