



AVOID DISTRACTIONS BEHIND THE WHEEL

DO NOT

- ✗ Read or write
- ✗ Try to type, text or read messages on any device
- ✗ Let occupants of other vehicles distract you from your focus on driving
- ✗ Take any medication that can cause drowsiness

REMEMBER TO

**DRIVE DEFENSIVELY.
PLAN FOR AND EXPECT
THE UNEXPECTED. ALWAYS
LEAVE YOURSELF AN OUT.**

DO

- ✓ Get adequate sleep before any trip
- ✓ Review driving directions and maps, and check traffic and weather conditions before your trip
- ✓ Turn off cell phones
- ✓ 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
- ✓ Keep your emotions under control when in stressful driving situations