



Distracted Driving Avoidance

Label	

Follow these procedures to avoid distracted driving

<input checked="" type="checkbox"/>	For Phones calls- pull off the roadway, whether hands-free or not to take a call.
<input checked="" type="checkbox"/>	Pull off the road to text. Texting requires using all three skills visual, manual and cognitive.
<input checked="" type="checkbox"/>	Adjust all vehicle controls before driving. (ex: music, air, mirrors, & seat position)
<input checked="" type="checkbox"/>	Connect the cell phone charger to the phone before putting the vehicle in motion.
<input checked="" type="checkbox"/>	Avoid eating or reaching for a drink while driving.
<input checked="" type="checkbox"/>	Have the GPS ready and routed before driving. Have a good understanding of the directions beforehand. If a paper map is needed, pull off the road to study it.
<input checked="" type="checkbox"/>	Make sure all repairs to vehicle safety equipment are done before driving begins. (ex: lights, horn, brakes, etc.)
<input checked="" type="checkbox"/>	Always drive well-rested. If you feel tired, exit and find a place to rest. Opening a window and loud music doesn't help.
<input checked="" type="checkbox"/>	Take care of personal grooming before you enter the vehicle, never while driving.
<input checked="" type="checkbox"/>	Lead by example. Your family, friends and co-workers will follow your lead, so don't text or use cell phones while driving. If you do it, your kids will too!