

Driving demands your full attention every time you get behind the wheel. Everybody knows a good driving record pays.

**At 60 km/hour
your car travels
50 metres
—half a football field—
in just 3 seconds.**

Managing distractions is easy

- Eat before you get on the road. If you must eat behind the wheel choose food that is bite-sized and easy to eat. Avoid messy food or items that require utensils.
- Drinks should be in closed, spill-proof containers that fit your beverage holders. Using a straw will help keep eyes on the road.
- Avoid reaching for items that fall to the floor while driving. Wait until you are stopped.

*Ensure everything
you need is
within
easy reach
before you
drive.*

Be prepared

- Do your personal grooming at home, not in the car.
- Review maps before getting on the road.
- Decide what you are in the mood for and pre-select music. Learn your system well enough to keep eyes on the road.

**Don't be fooled.
Both hands-free and
hand-held cell phones
increase your risk
of being involved in a crash.**

Hold all calls

- Let it ring and return calls when you are not driving.
- Never use the phone for socializing while you drive.
- If you must take a call, end it quickly. "I'm on the road, can I call you back?"

*Let your
voicemail inform
callers you
are on the road
and will return
calls at your
next destination.*

*Dealing with
passengers
is one of the
most frequently
reported causes
of distractions.*

*As a passenger
you have greater
influence on
your driver
than you realize.*

Lead by example

- Prepare your children for the ride. When you buckle them in, make sure they have what they need.
- Teach your children the importance of good behaviour while in a vehicle. If necessary, pull safely off the road and out of traffic to tend to them. You cannot be an upset parent and an alert driver at the same time.

**Distractions slow
your reaction time,
which means it will
take you longer to recognize
potential hazards and longer
to initiate braking.**

Ask your passenger to:

- Read the map, help navigate etc.
- Make or take calls.
- Select music or adjust controls.
- Tend to children.

If you are in the vehicle with a distracted driver... offer assistance, "I can do that" or "Let's take a break".

If you are on the phone with someone who's driving... end the call quickly and suggest a time to reconnect. "Let's talk when you're not on the road".

**Keep it light.
Avoid stressful thoughts
and demanding conversations
while driving.**

**Eyes on the road and hands
on the wheel**

Smart drivers just drive.