



Distracted Driving Is a Common Cause of Accidents.

Driver distraction is cited as one of the most common contributors to traffic accidents. Here are some tips to help avoid driving distractions.



- 1 If your state/company allows cell phone use, make sure conditions are safe before using the phone and keep conversations brief.
- 2 Never text while driving. Pull over if you must use your wireless device.
- 3 Limit interaction with passengers while driving.
- 4 Don't drive when you are angry or upset.
- 5 If you are driving in an unfamiliar vehicle, take time to become familiar with the controls before getting out on the road.
- 6 Preprogram your favorite radio stations and arrange your other listening material in an accessible location before driving.
- 7 Avoid eating or drinking while operating your vehicle.