



Reduce Your Risks on the Road: Tips to Avoid Distracted Driving

Many people think distracted driving is only related to cell phones and technology. But distracted driving means *anything* that distracts your attention from driving. The CDC separates distracted driving into three groups:

- **Visual:** looking anywhere other than the road in front of you
- **Manual:** removing your hands from the steering wheel for any reason
- **Cognitive:** mind wandering and unfocused on driving

How to Prevent Distracted Driving

Before You Hit the Road:

- Adjust your seat, mirrors, and climate controls
- Buckle up
- Set your music playlist, radio, audiobook or anything else you plan to listen to
- Start your GPS
- Put your phone away and on silent for notifications, with the exception of your GPS guidance as needed
- Eat food while parked
- Finish grooming before putting the car in drive
- Stow any loose items securely to avoid reaching for them while driving
- Get children, passengers, and pets buckled, situated, and content (to the best of your ability)

While Driving:

- Keep your focus on the road and take your time
- Do not multitask
- Encourage passengers to help you reduce distractions
- Drive within the speed limit, and practice defensive driving skills
- Pull over if something needs your attention or you're feeling tired

