

# STOP YOUR DISTRACTED DRIVING!



Over **290,000** people were injured, and over **3,000** were killed in a single year from distracted driving accidents.

Source: National Highway Transportation Safety Administration (NHTSA)

## ***Avoid common causes of distracted driving!***

- Put your phone away or use a mode that limits its functionality.
- Set your navigation in advance.
- Don't drive impaired – it's against the law!
- Know medication side effects that impact safe driving.
- Take a break if you feel tired.
- Make sure passengers and cargo are situated properly.



**20%** of those killed in distracted driving accidents were bystanders.  
**Be alert any time you are sharing the road!**

Source: National Highway Transportation Safety Administration (NHTSA)

## ***Things to do before you start driving...***

- Let others know in advance that you won't be available while driving.
- Rest and eat.
- Familiarize yourself with your route.
- Check for and secure any loose items!
- Set your playlist.

