

# FOCUS ON THE ROAD!



**Distracted Drivers  
Cause Crashes**

## **DISTRACTIONS**

**Are Deadly for Teen Drivers and are  
the NO. 1 REASON new Drivers Crash.**

### ***Ways to Minimize Distracted Drivers***

**NEVER TEXT OR TALK ON YOUR CELL PHONE WHILE DRIVING** - Even though hands-free systems are helpful, they're not the solution. Keep your mind on the road.

**MAKE A PLAN** - Know where you are going before you get in the car. Get good directions or program your GPS before you drive. Check out weather and road conditions too so you can be prepared.

**MANAGE YOUR TIME** - Don't be in such a hurry that you have to speed or multi-task or drive aggressively on the road.

**SCAN AND LOOK AHEAD** - Look down the roadway to make sure that you are aware of others on the road at all times. Be prepared for the unpredictability of others.

**CONCENTRATE** - think about what you are doing while driving. Make sure that you are not upset or tired when getting on the road. Keep passengers quiet and calm.

**PULL OVER** - If you need to do something that will take your eyes and/or mind off the road, pull over and stop first. Do not reach or lean.

**SLOW DOWN** - Drive at a safe speed so you can be aware of what other drivers are doing and have time to react if you have to.

**BUCKLE UP** - Always wear your seat belt and make sure your friends are buckled up also. You are less likely to be distracted and be in a crash if you and your passengers are confined to your seat.

## **DANGEROUS DISTRACTIONS**

***Eating, Grooming, Reading, Smoking, Texting,  
Dialing, Socializing, Adjusting the Radio,  
MP3 Players, Videos, Video Games, Horseplay***

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