

Distraction and Driving

Driving a vehicle is a complex task and means being focused with our eyes on the road, otherwise reaction times will be slower.

Mobile phones are becoming a major distractor for drivers, so here's a few tips to get your head in the game before you start the engine.



MOBILE PHONES

Put your phone on Do not Disturb or connect to Bluetooth and Never pick up your phone to look at the screen while you are driving.



PLAN YOUR ROUTE

Enter your destination in your navigation system if you have one.



LOOSE ITEMS

Make sure loose items are put away.



SET YOUR PLAYLIST



KEEP WATER HANDY

Being hydrated keeps you focused.

Don't get

distracted



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