

## 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.



Don't get

**distracted**



### **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.



### **LOOSE ITEMS**

Make sure loose items are put away.



### **PLAN YOUR ROUTE**

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



### **SET YOUR PLAYLIST**



### **KEEP WATER HANDY**

Being hydrated keeps you focused.



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