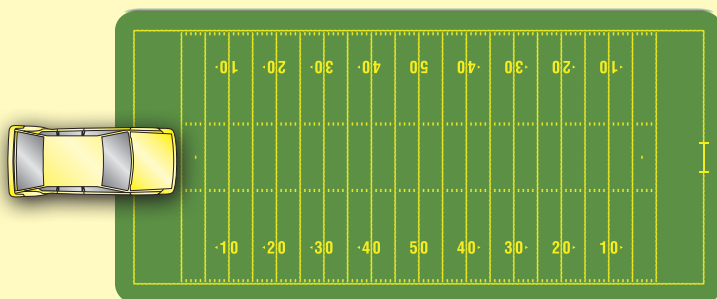


# 10 Tips for Managing Driver Distractions

**Distracted drivers** pose a deadly risk to everyone on the road. In 2009, the National Highway Traffic Safety Administration (NHTSA) estimated that nearly 5,500 people lost their lives and another 448,000 were injured in police-reported crashes in which one form of distraction was noted on the crash report.

Drivers engage in a range of distracting activities. **Here are 10 tips for managing some of the most common distractions.**

- 1 Turn it off.** Turn your phone off or switch it to silent mode before you get in the car. If you need to make a call, pull over to a safe area first.
- 2 Spread the word.** Set up a special message to tell callers that you are driving and you'll get back to them as soon as possible, or sign up for a service that does this for you.
- 3 Groom at home.** Shaving and applying makeup are best done prior to getting in the car.
- 4 Use your passengers.** Ask a passenger to make the call for you.
- 5 Stay safer, text later.** Don't text and drive, surf the web, or read your email while driving. It is dangerous and against the law in most states.
- 6 Familiarize.** If you're traveling, know the state and local laws before you get in the car. Some states and localities prohibit the use of hand-held cell phones. For a listing of state laws, visit [AAA.com/GetInvolved](http://AAA.com/GetInvolved). If you're traveling in a rental car, familiarize yourself with the vehicle's features before getting behind the wheel.
- 7 Plan ahead.** Program GPS systems and review maps and directions before you start driving. If you need help while driving, ask a passenger or pull over to a safe location.
- 8 Secure your pets.** Pets can be a big distraction in the car. Always secure your pets properly before you start to drive.
- 9 Keep the kids safe.** Pull over to a safe location to address situations with your children in the car.
- 10 Focus on the task at hand.** Refrain from smoking, eating, drinking, reading and any other activity that takes your hands, mind or eyes off the road.



DISTRACTED DRIVERS take their eyes off the road an average of 5 out of every 6 seconds. At 55 mph, that means a TEXTING DRIVER travels the length of a football field — including the end zones — without looking at the road.

## DID YOU KNOW ...?

- ▶ 16-to-20-year-olds are more likely to be distracted when traveling with other teens. Risk of crashing increases as the number of teen passengers increases.
- ▶ Using a cell phone while driving has been found to quadruple your risk of crashing.
- ▶ Brain power used while driving decreases by 40% when a driver listens to conversations or music.
- ▶ While nearly all parents say they are safe drivers and good role models for their kids, more than half (51 percent) admit their teens and 'tweens have asked them to slow down, stop talking or texting, or to practice other safe driving behaviors.



## TAKE THE PLEDGE

You can pledge to stop distracted driving. Do it for your family, your friends, yourself —and save a life! Take the pledge to not drive distracted by visiting [AAA.com/SafetyMatters](http://AAA.com/SafetyMatters).



Traffic Safety  
FOUNDATION