

The Distracted Driving



Top Ten



1

Wake up 5-10 mins earlier so you have time to finish eating, drinking, dressing, and grooming before you start the car.

2

Secure all passengers, pets, & possessions as soon as you get in the car, and store your phone out of sight & out of reach to avoid temptation.

3

Talking on the phone is **JUST AS** dangerous as drunk driving, & texting is **TWICE** as dangerous as drunk driving!

4

Make agreements with loved ones! Let them know when you'll be driving, and if you receive a call or text from them while on the road, don't feel pressure to respond until you are safely at your destination.

5

Headset use is NO safer than hand-held electronic devices!

6

There's an app for that! Drive Mode, Drive First, and Zoomsafer are just a few apps that can help you avoid driving distracted.

7

Figure out GPS directions & traffic patterns before driving to help make your ride less stressful and distracting.

8

In both RI and MA, ANY type of cell phone use is banned for drivers under 18, and texting is banned for drivers of ANY age.

9

Set your playlist before your ride and stick with it! Change the music BEFORE the next ride but never during.

10

Ask your passengers to help you while you're driving! They can take a call, text, use GPS, or change the music for you. But avoid serious conversations with passengers while driving. Save those for face-to-face at a later time.

Make sure you and your passengers BUCKLE UP before taking off!



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