

Example: Poster - Ways To Be Less Distracted While Driving

Poster:

Ways To Be Less Distracted While Driving

1. Turn off your cell phone before you start your car. That way, you won't be tempted to answer, or make a call.
2. Budget extra time to travel to your destination, especially if you are uncertain of your route.
3. Turn the radio off when travelling unfamiliar routes.
4. If you do listen to music, make sure the volume is low enough that you can't be distracted by the lyrics. Loud music also blocks out the sounds of emergency vehicles that may be trying to get around you.
5. As much as possible, drive during non-rush hour times to get used to the roads without the added stress of congestion.
6. Drive at a speed that is comfortable for you, even if it is slightly below the posted speed limit. Don't let other drivers bully you into driving faster, and don't let them be a distraction.
7. Familiarize yourself with the tools on your dashboard before you start your engine. For example, know where the temperature gauge and radio are located. That way, you won't be distracted by looking for them while driving.