

# Example: Promoting Ways To Be Less Distracted While Driving

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## Tips to Reduce Distractions

### Before you drive:

- Allow plenty of travel time
- Review maps and directions
- Turn off mobile device
- Stow and secure loose objects
- Prepare children with everything they need
- Secure pets properly
- Pre-set climate control and radio
- Pre-program route on GPS

### While you're driving:

- Allow phone calls to go to voicemail
- Don't text, surf the web or read emails
- Avoid eating, drinking or smoking
- Avoid grooming
- Stop at a safe location to make or receive phone calls
- Keep two hands on the wheel for better control
- Keep your eyes and mind on the road

Studies show that dialing and texting carries the highest degree of risk of all cell phone-related activities, with motorists who text being 23 times more likely to have a collision. Remember, it only takes one second to change the rest of your life. Focus on the road.