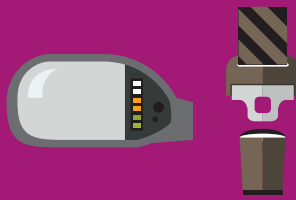




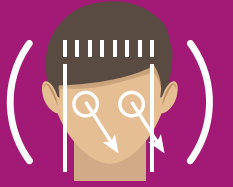
# Drive Without Distractions

Give the road your full attention and arrive alive

Adjust your mirrors, seat, radio and air temperature **before you drive**



Don't reach down, behind your seat or pick up items from the floor **while driving**



Program the GPS, know your route and get traffic reports **before leaving**



Avoid eating and drinking **when you drive**



Do NOT talk on your cell phone or infotainment system **while on the road**



**Pull over** somewhere safe to care for children



**THAT PHONE CONVERSATION CAN WAIT.**  
DRIVERS TALKING ON HANDHELD OR HANDS-FREE DEVICES  
CAN FAIL TO SEE 50% OF THEIR SURROUNDINGS.



For more information on this and other safety topics, please log on to the member-exclusive website at [nsc.org](http://nsc.org).

SOURCE: <http://www.distraction.gov/stats-research-laws/facts-and-statistics.html>