



Pledge to be an **attentive driver**

Thousands have died in car crashes because drivers are distracted by cell phone conversations, emails, text messages and social media. Do not become a statistic. Here are some tips to keep your eyes on the road, your hands on the wheel and your mind on the drive.

- First and foremost, turn off your cell phone. Put it in the glove compartment, in your purse or in your trunk. There is no safe way to make a call while driving – not even hands-free.
- Send and read text messages and emails before you start driving.
- If you're going on a longer drive, schedule breaks to stop, park safely, and respond to messages.
- Using voice features in your car's infotainment system is also distracting. Take care of communications before you start driving.
- Know where you're going before you put the car in "drive." Put your destination into your GPS so you do not need to fiddle with it while the car is moving.
- Social media can wait. No update, tweet or video is worth a life.
- Park in a safe area if you must take a call, return a text or check email.
- Do not call or text friends or family if you know they are driving.

Distracted driving is an epidemic. Be part of the solution, not just for others' safety but for your own as well. Pay attention and Take Back Your Drive.

**Take
back
your
drive**

nsc.org/ddmonth

[#takebackyourdrive](https://twitter.com/takebackyourdrive)