

7 DEADLY DRIVING DISTRACTORS

1 Cell phone use

Though tempting, don't answer texts or calls while driving. It comes with a deadly risk. Recently, 13% of all distracted driving fatalities were linked to cell phones.

TIP: Switch phone to "do not disturb" and use auto-response.



3 Adjusting radio and vehicle controls

Stay away from that dial! These types of adjustments are just as deadly and distracting as cell phones.



TIP: Make all adjustments before you drive. Otherwise, pull over to adjust.

5 Loose items in vehicle

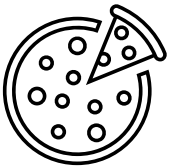
When items roll around in your vehicle, it's human nature to feel tempted to reach for them on the floor or seat. Don't!

TIP: Store all loose gear, possessions and items BEFORE you turn the key.



7 Eating and Drinking

It may seem second nature to get in your meals while driving, but it's actually very dangerous. Messy foods and drinks are especially difficult to manage.



TIP: Snack smart and pull over to eat. It's much safer and you'll enjoy your meal!

2 Objects, people, events outside vehicle

Peeking at roadside accidents or other issues - "Rubbernecking" - slows down traffic and increases chance of collisions.

TIP: Keep your eyes on the road no matter what. Watch your speed and leave plenty of distance from other vehicles.

4 Vehicle occupants

Demanding occupants - riders or pets - can easily distract you long enough to cause a deadly crash!

TIP: Don't avert your attention or take your eyes off the road. Secure everyone before taking off. If there is a need, simply pull over.



6 Using objects or devices

As a general rule, if you can't devote your full attention to driving because of some other activity, it's a distraction.

TIP: Avoid temptation - power down or stow devices before heading out.

