

A Lifesaving Checklist

Thousands have died in vehicle 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 follow:

- First and foremost, turn off your cell phone. 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.
- Put your destination into your GPS so you do not need to touch it while the car is moving.
- Social media can wait. No update, tweet or video is worth a life.
- Do not call or text friends or family if you know they are driving.

Be part of the solution, *Just Drive.*



DISTRACTED DRIVING AWARENESS MONTH 2018



nsc.org/justdrive