

# Driver Distractions

**Safety Starts with You**

## Problem

- Adjusting the radio
- Talking on your cell phone
- Drinking coffee
- Changing the CD
- Reading a map
- Looking for a street address
- Thinking about non-driving activities
- Reaching for items in the front or back seat
- Personal grooming (shaving, combing hair, putting on makeup, etc.)



## Safety TIPS

### Solution

- Check your route before you leave.
- Keep your hands on the wheel and eyes on the road at all times.
- Be familiar with the equipment in your vehicle.
- Do not use your cell phone while driving.
- Never take notes.
- Don't reach for items while driving.
- Pull over to eat or drink.
- Do your personal grooming before you drive.
- Never drive if impaired by alcohol, drugs, fatigue or stress.

**Sharing Ontario's Roads Safely**