

PLEDGE TO BE AN ATTENTIVE DRIVER

There is no safe way to use your cell phone while driving – not even hands-free.

These tips make it easy to keep your eyes on the road, your hands on the wheel and your mind on the drive.

Before you start driving:

- Program your GPS • Finish reading/sending texts and emails
- Turn off your phone and put it in the glove compartment, trunk or your bag

While you are driving:

- Do not use voice commands with your phone or dashboard touchscreen - hands-free systems are just as distracting as handheld
- On longer drives, schedule breaks to park safely and respond to messages
- Social media can wait - no update, tweet or video is worth a life
- Pull over and safely park to take a call or respond to messages
- Do not call or text someone if you know they are driving

**Distracted driving is an epidemic.
Be part of the solution. Just Drive.**



LIFE CAN BE TOUGH, BUT GETTING HELP IS SIMPLE!
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This confidential service is FREE for
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Source: National Safety Council (NSC)

! Safety & Wellness Program !
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