

DON'T LET DISTRACTIONS STEER YOUR DAY.



PAUSE

BEFORE YOU DRIVE

Before you hit the road:

- Set your GPS.
- Adjust mirrors and seat.
- Put your phone away.
- Plan for a safe trip.



A few seconds now can prevent a lifetime of regret.

Distracted driving takes your attention off the road—even for a few seconds.

That's all it takes for an accident to happen.



FOCUS

ON THE ROAD

Keep your eyes up and your mind engaged.

- Watch for traffic.
- Follow road signs.
- Expect the unexpected.



Focused driving prevents collisions.



THINK

ABOUT THE RISKS

Common distractions include:

- Texting or calling
- Eating or drinking
- Adjusting the radio
- Daydreaming
- Reaching for items



Your focus drives your safety and the safety of others.

Stay alert. Arrive Alive.

REMEMBER:

- ✓ It's not just your life on the line. It's everyone else's too.
- ✓ Stay within the speed limit.
- ✓ Stay alert. Arrive Alive.



ARRIVE

SAFELY, EVERY TIME

Good driving habits protect:

- You
- Your passengers
- Your co-workers
- Our community



Safe driving is everyone's responsibility.



5 SECONDS CAN CHANGE EVERYTHING

At 55 mph, that's like driving the length of a football field—blind.



MAKE SAFE DRIVING A HABIT

Every trip. Every time. No exceptions.



HAVE A TOPIC IDEA?

Send suggestions to:

hr4u@fabianobrothers.com

Approved Safety Read topics earn the contributor a

\$5 HIP Credit!

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LIFE CAN BE TOUGH,
BUT GETTING HELP IS SIMPLE.

Call 800.448.8326 or
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FOCUS ON DRIVING. ARRIVE ALIVE.



SAFETY STARTS WITH YOU.
THINK SAFE. WORK SAFE. GO HOME SAFE.