



**SAFETY: it takes all of us**

## DRIVING WITHOUT DISTRACTION CHECKLIST

### Remember

Keeping your eyes on the road, your hands on the wheel and **your mind on the task of driving** are **all** needed to be a focused driver.

Driving safely requires your full attention. NSC estimates 1 in 4 car crashes involve drivers using cell phones. There is no phone call, email or text message that is worth someone's life.

Consider the following to stay focused behind the wheel and reduce your risk of being in a crash.

### Before You Drive

- Develop a habit of turning off your cell phone when you get in your vehicle, and turning it back on when you are done driving – if you can't turn your phone off, put it on vibrate or silent mode
- Put your cell phone in your trunk to avoid temptation
- Record a voice mail greeting telling callers it is not safe to make calls while driving, and you will return their call as soon as you are able
- If you spend a lot of time on the road, organize your route and schedule to allow time to make and return phone calls from the parking lot of one location before leaving to drive to the next one

### While You Drive

- Do not make or answer cell phone calls, even with hands-free or dashboard infotainment systems
- If you must make an emergency call, leave the road and park in a safe area
- Do not send or read text messages or e-mail
- If you are driving with a passenger, allow them to operate the phone – if you must make calls, let someone else drive
- Focus on the road and enjoy cell phone-free driving

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**PUT AN END TO DISTRACTED DRIVING**

## First Aid Tips

If you witness a traffic crash, call 911.

Do not remove victim(s) from the vehicle(s)—leave this job for ambulance staff, police or firefighters.

Provide first aid, especially rescue breathing/CPR, bleeding control and treatment for shock.

### Get certified through NSC

NSC provides CPR & AED training through both classroom and online courses. Find a training location near you, or view a demonstration of NSC online training at [nsc.org/onlinetraining](http://nsc.org/onlinetraining).

Cell phone use while driving has become an unfortunate part of our culture, but is a very dangerous activity that shouldn't be considered a necessity – business or otherwise. There are steps you can take to make it easier to put down the phone when you are behind the wheel, and break the habit for good.

- Schedule calls for times when you will not be driving
- Tell other people not to call you when they know you are driving
- Plan your day ahead of time so you won't need to use a cell phone while driving
- Change your voicemail greeting to something like: "Hi, you've reached (insert name). I'm either away from my phone or I'm driving. Please leave a message." You also can let callers know approximately what time you will be available again so they know when to expect to hear from you.
- If a ringing phone is too tempting, get in the habit of silencing your phone before you start to drive, or lock it in the trunk or glove box

- Work with your coworkers and family members on breaking the habit and hold each other accountable
- Allow enough time during your commute for stops so you can pull over and park in a safe location to check email and voicemail messages
- Consider using call-blocking technology when you are driving
- Remember, hands-free devices don't make you safer – while they allow for one more hand to be placed on the steering wheel, they do not reduce cognitive distraction to the brain

## Don't let your cell phone drive you

No phone call is worth a life. Want to do more? Encourage your family and friends to put down their cell phones while driving, and speak up if you are riding with a driver who is using a cell phone. You also can refrain from talking on the phone with others if you know they are driving.



### Green Cross Tip

Your brain can miss seeing up to 50% of the roadway environment when you are talking on a cell phone while driving – focus on the road and just drive.

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