



# While Driving

1. Use hands-free or mounted device. Its against the law to hold an electronic device in your hand while you're driving. Although hands free and mounted devices are permitted, they're still a distraction. Its safer not to make or answer any phone calls when behind the wheel.
2. Stay relaxed and alert. If you're worried or tired, you can't react as quickly.
3. Use your phone only when it is safe to do so. If you have to make a call or send a text or email, pull off the road carefully and come to a complete stop in a safe place. Or ask your passenger to take a call or send a text for you.
4. Don't answer emails or text messages. Each time you read a text or an email, you're taking your eyes off of the road for at least four seconds. Studies have shown that drivers who take their eyes off the road for more than two seconds are twice as likely to have a crash.

Don't make the sometimes-fatal mistake of attempting to multi-task behind the wheel.



February is Distracted Driving month.

Safe driving begins with you. If you would like more information on Distracted Driving call:

Lakeshore Regional Police Service  
1-855-299-0138

In an Emergency 9-1-1



Lakeshore Regional Police Service

# Identifying & Preventing

**DISTRACTED DRIVING**

Lakeshore Regional Police Service

Lakeshore Regional Police Service  
Box 291 Driftpile, Alberta T0G 0V0  
1-855-299-0138

# Be Aware Distraction is a Problem that affects YOU.

Distracted driving means that someone is doing something that takes their attention away from the road while they're driving. This could include:

- Talking on their phone or even keeping it within easy reach.
- Adjusting the radio or programming a GPS.
- Eating, drinking, combing their hair, shaving, putting on makeup, or getting dressed.
- Looking or reaching for something on the passenger seat, back seat or floor.
- Thinking more about the events of the day than their driving.
- Paying more attention to their passengers than to the road ahead of them.



## ► Before Driving

1. Do a pre-trip inspection. Check your vehicle before you get in. That will help you spot a problem before it is too late.
2. Map it out. Before travelling, map out your route first. Put your travel information into your GPS while you are still parked.
3. Be Comfortable. Before putting the car in gear, make sure you're comfortable by adjusting the seat, the heat/air conditioning, the mirrors, and the steering wheel.
4. Eat, drink, and do your grooming at home. Give yourself the time to do those things before you get into your vehicle. Your only job should be to drive safely.

5. Keep it Clean. Things like pop cans, wrappers, coffee cups, or sports equipment can all distract you by moving or rolling around on the floor. By cleaning your car, you can limit this distraction.
6. Set up your phone. Some apps or settings can block incoming calls and texts while driving or send automatic replies to people trying to call or text you.
7. Turn your phone off or switch to silent mode. You can even put it in the glove compartment or in a bag on the back seat so you are not tempted.

