

EYES ON THE ROAD. HANDS ON THE WHEEL.

DON'T FALL VICTIM TO DISTRACTED DRIVING.

The media frequently attributes the distracted driving phenomenon to texting and general cell phone usage but this can be misleading as cell phones are not the only distraction drivers face. Professional drivers especially, can experience fatigue, anxiety caused by tight deadlines, and general thoughts about what's next in the work day.

THE DANGERS

Distracted driving can significantly impair a driver's:

- ▶ Reaction time
- ▶ Visual search patterns or scanning of the road ahead
- ▶ Ability to maintain speed and position on the road
- ▶ Ability to judge safe gaps in traffic
- ▶ General awareness of others on the roadway

It's common knowledge that these impaired functions can cause accidents, so it's clear that good driving, or safe driving, requires constant attention and complete concentration. Driving really is a full time job.

NO MATTER HOW OFTEN YOU DRIVE FOR YOUR JOB, BEING ATTENTIVE BEHIND THE WHEEL IS A FULL-TIME JOB.

HOW TO BE AN ATTENTIVE DRIVER:

- ▶ Make it a rule of yours to practice the basic driving fundamental of keeping both hands on the wheel and both eyes on the road.
- ▶ Prepare for your drive by actively looking for people and hazards in the area.
- ▶ Shift your eyes every two seconds and check the rear-view mirror every five to eight seconds. This keeps your eyes ahead of the vehicle and your brain focused on driving.
- ▶ When approaching construction zones, be extra attentive, slow down and watch for workers, changing road surfaces and traffic patterns.
- ▶ Drive defensively. Expect the unexpected and always leave yourself an out.
- ▶ Signal your intentions early enough to give others more time to prepare for your next move. Being aware of others is only half of being attentive. Make sure they are aware of you, too!

