

USE THE TECH

Use a distraction prevention app to help you keep your phone usage under wraps while driving.



TIPS FOR STAYING FOCUSED ON THE ROAD

SNACK SAFELY

If you're going to snack in the car, pick food that you can eat one-handed, and drink from a container with a straw.



TOUCH-UP KIT

Instead of doing your makeup on the road, pack a small makeup bag and do your touch-ups once you've arrived.



REMINDE YOURSELF

Create a visual cue like a sticky note on your dash or a bracelet to remind you not to drive distracted.

PULL OVER

Really need to check a message? Safely pull over to text and tweet.



9 AND 3

Use the car as a vehicle and not as your mobile bedroom. Two hands, please!

PHONE POUCH

Stop the temptation to touch by putting your phone in a pocket or pouch. Out of sight, out of mind.



5 SECONDS

is the average time your eyes are off the road while texting. That's enough time to cross a

FOOTBALL FIELD.¹



You are **3.6 TIMES**

more likely to crash

WHILE EATING.²



You are **3 TIMES** more likely to crash while **APPLYING MAKEUP.³**



Drivers under 30 caused **12,000 CRASHES** in 2015 due to inattention.⁴



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1. VTTI 2009 2. LYTX 2014 3. GuideOne Insurance 2016

4. Florida Department of Highway Safety and Motor Vehicles 2015