



SAFETY BRIEF

AVOID DISTRACTIONS WHILE DRIVING

Each day in the United States, over nine people are killed and 1,153 injured in crashes that are reported to involve a distracted driver. Using mobile devices while driving is the main cause of distracted driving, but there are others including:

- Eating and drinking
- Talking to passengers
- Grooming
- Watching a video
- Listening to music
- Adjusting controls within the car
- Reading (including maps)
- Smoking



BEFORE DRIVING

- Turn off your cellphone or place it on silent
- Type any directions you may need into your GPS
- Eat before you drive
- Clear objects that may obstruct your view
- Complete all grooming procedures at home

WHILE DRIVING

- Keep the music at a low volume
- Avoid emotional conversations that could be upsetting
- If you must eat, stay away from messy foods that can be difficult to handle
- Keep both hands on the wheel



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