

STOP DISTRACTED DRIVING

Top 10 tips

10. **Ask passengers to keep conversation to a minimum** and help you navigate.
9. **Deal with potential distractions before you hit the road**, such as eating, putting on make-up, combing your hair, reading and checking messages.
8. **Be well rested** before getting behind the wheel.
7. **Make sure you have clear directions** and double-check the map before you leave.
6. **Familiarize yourself with your dashboard controls** before you go. Make sure your seat, headrest, seatbelt, rearview mirror, temperature controls, radio, etc., are adjusted to your liking.
5. **Manage your music ahead of time.** Pre-program your car radio, and adjust your channels, CDs or iPod only when the car is stopped.
4. **Pull over somewhere safe** if you need to make an urgent call, check a message, deal with the kids, eat or drink, etc.
3. **Change your cellphone voice mail** to let callers know that you may be driving and you will call them back later.
2. **Tell everyone** that for safety reasons, you no longer take calls while driving. If you call someone and find out that they are driving, let them go and call them later.
1. **Turn off your cellphone and PDA** when you get into your car. Lock it in your trunk if it helps!

**Make a choice today that you
won't drive distracted!**

**D.U.M.B.
STRUCK**

2007 tour

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