



Minnesota Counties Intergovernmental Trust

INJURY PREVENTION

Quick Review of Safety

Distracted Driving Prevention

- Plan your route before you go, know how traffic and weather conditions might affect you and leave a little earlier. It will help you arrive at your destination with less stress and fewer distracting thoughts.
- Finish dressing and personal grooming at home—before you get on the road.
- Pre-set the climate control, GPS, radio or other devices; and identify the location of signals, wipers and lights in the vehicle before you drive.
- Turn off your phone, set it on “do not disturb” while driving or put the phone in a location to minimize the distraction and temptation of an incoming call or text.
- Secure loose items and other distractions that could roll around in the car so you do not feel tempted to reach for them on the floor or the seat.
- Whenever possible, pull off the road to make calls. If you must make a call, use a hands-free option but keep phone calls on the road limited to emergencies.
- Hands-free devices are not risk-free. They still cause distractions and should be avoided.
- If you get lost, turned around or need to make major changes to your route, find a safe place to pull off the road to review and reorient.
- Postpone complex or emotional conversations on the phone or with passengers until you arrive at your destination.
- Constantly search the roadway for situations that could require you to take quick action.



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