



INJURY PREVENTION

Quick Review of Safety

Distracted Driving

- 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.
- While driving, turn off your phone, set it on “do not disturb” mode, put the phone in a location to minimize the distraction and temptation of an incoming call or text, or connect or enable the phone to use a hands-free device.
- 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.
- When using a phone in a vehicle requires the use of your hands for more than one single touch, be sure to pull out of traffic and legally park before using the phone.
- Although Minnesota law mandates hands-free mobile phone use in vehicles, hands-free devices are not risk-free. They still cause distractions and should be avoided. Use phones only for short, important conversations.
- 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.

(Over)



INJURY PREVENTION

Quick Review of Safety

Distracted Driving

- 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.
- While driving, turn off your phone, set it on “do not disturb” mode, put the phone in a location to minimize the distraction and temptation of an incoming call or text, or connect or enable the phone to use a hands-free device.
- 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.
- When using a phone in a vehicle requires the use of your hands for more than one single touch, be sure to pull out of traffic and legally park before using the phone.
- Although Minnesota law mandates hands-free mobile phone use in vehicles, hands-free devices are not risk-free. They still cause distractions and should be avoided. Use phones only for short, important conversations.
- 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.

(Over)

- 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.

- 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.



This document is intended for general purposes only and should not be construed as legal or coverage advice on any specific matter. Developed and provided by Minnesota Counties Intergovernmental Trust.



This document is intended for general purposes only and should not be construed as legal or coverage advice on any specific matter. Developed and provided by Minnesota Counties Intergovernmental Trust.