

Distracted Driving



Before you drive

- Put your phone out of reach
- Plan ahead: Don't read maps while driving
- Preset climate controls, radio or CD player
- Preprogram GPS devices
- Stow or secure any loose objects
- Put all reading materials out of sight
- Eat or drink before departing
- Ensure children have what they need during the trip

While you are driving

- Do not use your cell phone while driving
- Even hands-free phones can be a distraction
- Do not text, surf the Web or read emails
- Keep music and radio volumes low enough so you can hear sirens, bells, horns, or train whistles at crossings
- Be aware of outside distractions
- Stop at safe locations to make and receive calls or to assist children
- Keep your mind on driving: Daydreaming and dealing with emotions can distract you

Did You Know?

- Talking on the phone while driving slows reaction time nearly 20% to vehicles braking ahead
- Distracted driving fine: \$287 + three demerits
- Careless driving fine: \$402 + six demerits
- Trying to catch something sliding off the dash or seat increases your odds of being in a crash or near-crash by nine times

For information on traffic safety or Vision Zero Edmonton, go to edmonton.ca/visionzero

Safe Roads Begin with YOU

Distraction accounts for **20-30%** of motor vehicle collisions

Most drivers associate distracted driving with the use of cell phones and mobile devices. However, a distraction can refer to anything that takes your mind away from driving.

While driving in Alberta it is illegal to:

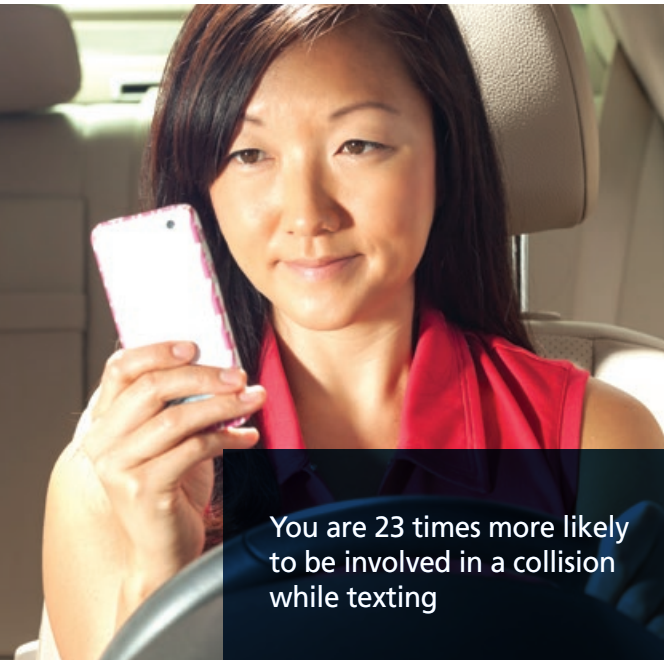
- Use a hand-held mobile phone (talking, texting and emailing)
- Operate electronic devices like laptops, video games or cameras
- Manually program GPS units or portable audio players
- Read printed materials or write, print or sketch
- Engage in personal grooming

Being distracted literally impairs your driving ability including detection and response to dangers, maintaining speed, and lane positioning.

Driving with a pet on your lap is dangerous and distracting



Multitasking increases the risk



You are 23 times more likely to be involved in a collision while texting



Eating while driving can put you in danger

VISION ZERO EDMONTON: zero traffic fatalities and serious injuries