

Distracted Driving



These programs offered by the Utah Safety Council offer practical strategies to reduce collision related injuries and fatalities on Utah roadways.



Distracted Driving needlessly takes the lives of **15 people** everyday and injures **1,200 more!**

Distracted driving is easy to avoid. Consider these tips to help curb all distractions in the car and keep your focus on driving.

- Tell your friends and family that you will not answer any calls or texts while driving.
- Let your voicemail take all calls. Include an “I’m driving” message in it.
- Eat breakfast beforehand and pull over to eat snacks.
- Don’t engage in emotional or heated conversations with passengers and limit all other conversation.
- Perform all grooming at home or at your destination.
- Know exactly how to reach your destination or pull over to read a map or directions.
- Pre-set navigation and audio systems and all other electronic devices.