

# AUTO INSIGHTS



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## Did You Know?

A recent study from the University of Minnesota found that talking on a cellphone while driving impairs one's ability **even more** than driving while intoxicated. Talking on a cellphone and other driving distractions pose a major hazard to everyone on the road.

## PREVENTING DISTRACTED DRIVING

To minimize risks while driving:

- Do not talk on your cellphone or send text messages.
- If you absolutely must conduct a conversation, use a hands-free device.
- Never touch up your makeup or hair in the rearview mirror.
- Limit your conversations with passengers and ask them to keep their voices down so you can concentrate.
- Do not smoke while you are driving, as you will probably pay more attention to not burning yourself or putting out the cigarette than driving safely.
- Only adjust the radio when you are completely stopped.
- Never allow animals to sit on your lap while driving.
- Do not eat or drink while driving.
- Avoid reading maps or directions. Instead, pull into a parking lot to get your bearings and determine where you need to go next to reach your final destination.
- Do not take notes or search for phone numbers.
- Never use a cellphone (even a hands-free device) in bad weather, work zones or heavy traffic.

## Safety First

Allowing yourself to become distracted while driving can lead to dangerous, and even fatal, consequences. Be a responsible motorist and make paying attention to the road your number one priority when you're behind the wheel.

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