



DRIVING DOWN FATALITIES

Put it Down - Distracted Driving Campaign eblast volume 16.1

NO text.
NO call.
NOTHING
is worth losing a life over.

**DID YOU
KNOW?**

Teen driver crashes are the leading cause of death for our nation's youth. The overwhelming majority of these crashes are caused by inexperience or distractions, not "thrill-seeking" or deliberate risk-taking.

For more information about the Put it Down Campaign,
please visit fdotmiamidade.com/putitdown

10 tips to avoid distractions while driving:

- **Full focus on driving.** Do not let anything divert your attention, actively scan the road, use your mirrors and watch out for pedestrians and cyclists.
- **Store loose gear, possessions 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.
- **Make adjustments before you begin your trip.** Address vehicle systems like your GPS, seats, mirrors, climate controls and sound systems before hitting the road. Decide on your route and check traffic conditions ahead of time.
- **Finish dressing and personal grooming at home** – before you get on the road.
- **Snack smart.** If possible, eat meals or snacks before or after your trip, not while driving. On the road, avoid messy foods that can be difficult to manage.
- **Secure children and pets before getting underway.** If they need your attention, pull off the road safely to care for them. Reaching into the backseat can cause you to lose control of the vehicle.
- **Put aside your electronic distractions.** Don't use cell phones while driving – handheld or hands-free – except in absolute emergencies. Never use text messaging, email functions, video games or the internet with a wireless device, including those built into the vehicle, while driving.
- **If you have passengers, enlist their help so you can focus safely on driving.**
- **If another activity demands your attention,** instead of trying to attempt it while driving, **pull off the road and stop your vehicle in a safe place.** To avoid temptation, power down or stow devices before heading out. Drivers should use caution while using voice-activated systems, even at seemingly safe moments when there is a lull in traffic or the car is stopped at an intersection, because potentially dangerous distractions can last longer than most drivers expect.
- **As a general rule, if you cannot devote your full attention to driving because of some other activity, it's a distraction.** Take care of it before or after your trip, not while behind the wheel.

Thank you to our dedicated campaign partners

