

## Use the Tech

Use a distraction prevention app to help you keep your phone usage under wraps while driving.



# TIPS FOR STAYING FOCUSED ON THE ROAD

## Snack Safely

If you're going to snack in the car, pick food that you can eat one-handed, and drink from a container with a straw.



## Touch-Up Kit

Instead of doing your makeup on the road, pack a small makeup bag and do your touch-ups once you've arrived.

## Remind Yourself

Create a visual cue like a sticky note on your dash or a bracelet to remind you not to drive distracted.

## Pull Over

Really need to check a message? Safely pull over to text and tweet.



## 9 and 3

Use the car as a vehicle and not as your mobile bedroom. Two hands, please!

## Phone Pouch

Stop the temptation to touch by putting your phone in a pocket or pouch. Out of sight, out of mind.



## 5 seconds

is the average time your eyes are off the road while texting. That's enough time to cross a

### football field.<sup>1</sup>



You are **3.6 times**

more likely to crash

### while eating.<sup>2</sup>



You are **3 Times** more likely to crash while **applying makeup.<sup>3</sup>**



Drivers under 30 caused **12,000 crashes** in 2015 due to inattention.<sup>4</sup>



FloridaSADD.org  
FLTeenSafeDriver.org

1. VTTI 2009 2. LYTX 2014 3. GuideOne Insurance 2016  
4. Florida Department of Highway Safety and Motor Vehicles 2015

