



## If You're Distracted ...

Drivers looking out the windshield can **miss seeing up to 50%** of what's around them when talking on a cell phone.

Field of view narrows while talking on a phone

**THE ESSENTIAL TRIO:**  
requirements for driving

- Eyes on the road
- Hands on the wheel

**MIND ON DRIVING**

### ... Who's Driving?

1. **Eyes:** Vision is the most important way drivers get information they need to drive safely.
2. **Hands:** Remember the 10 and 2 rule? Keep your hands on the wheel at all times.
3. **Mind:** Stay focused. Before departing: Set your GPS device; Silence your phone; Pick a radio station or music playlist.