

If something requires your hands, your eyes or your attention while you're driving, it's a distraction.

Distractions can include:

• Cell phone use

- Texting (even if you're using voice commands)
- Taking or making phone calls (even hands-free)
- Recording videos
- Using social media
- Checking or sending emails



• Passengers and pets inside the vehicle

- Events outside the vehicle
- Eating
- Adjusting your GPS, music, podcast or audiobook
- Using your vehicle's touchscreens
- Handling dispatching devices and mobile data terminals

These habits may be common, but they're still distracting and dangerous for you and everyone else on the road.

When you're behind the wheel, your only job is to drive.

Just Drive.