

July 12, 2006

Driver distractions put road users at risk

Edmonton.... Driving may seem like second nature but it is a very demanding activity that requires the driver's undivided attention. Being distracted for even a split second can have very serious consequences.

It is easy to become distracted by the new technology available in vehicles or by passengers and other diversions when driving. Here are some tips to help reduce distractions on the road:

- Pre-set the temperature, radio or CD player. Do not make adjustments unless the vehicle is stopped.
- Make sure children are comfortable and properly buckled up before leaving. Prepare safe activities for the trip so they don't get restless.
- Know the itinerary before leaving. Do not attempt to read a map while driving.
- Finish grooming before leaving home. Do not comb your hair, shave or apply make-up while driving.
- Do not read while driving. Put newspapers and other reading materials out of sight and out of reach so you won't be tempted.
- Be sure there is nothing in the vehicle that will slide around or tip over while on the road.
- Use a cellular phone only if the vehicle is stopped. If the phone rings while driving, have a passenger take the call or let it go to voice mail.
- Pull over to eat or drink.
- Avoid emotionally charged conversations with passengers as it may lead to erratic driving behavior.
- Never take notes while driving. Always find a safe place to stop before writing things down.
- Be prepared for the unsafe actions of other motorists or poor driving conditions.

Drivers must be aware of potential hazards. Help make Alberta's roads safer by being alert and driving defensively.

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