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Avoid the tragic consequences of multi-tasking while driving

Even a one-second distraction can be fatal

Edmonton... Boredom, traffic congestion, longer commutes and a hectic lifestyle are just a few factors that can distract you while driving. Combine these with the temptations of modern technology, the desire to stay connected to the office at all times, and a false sense of security—and multi-tasking behind the wheel becomes an alluring but deadly trap.

The consequences of driver inattention can be tragic. Numerous studies indicate 20 to 30 per cent of all collisions likely involve driver distraction, and distracted drivers are three times more likely to be involved in a collision than attentive drivers. Distracted driving literally impairs your driving ability, and even a one second distraction can be fatal. If you think multi-tasking behind the wheel is safe because you haven't yet had a collision, consider yourself lucky.

What you can do to avoid distractions while driving:

- Pre-set the temperature, car stereo or MP3 player before you begin your trip. Do not make adjustments unless the vehicle is stopped.
- Use a cell phone only if the vehicle is parked in a safe place. If the phone rings while driving, have a passenger take the call or let it go to voice mail.
- Make sure children are comfortable and properly buckled up before the vehicle moves. Prepare safe activities for the trip so they don't get restless.
- Finish grooming before leaving home. Do not comb your hair, shave or apply make-up while driving.
- Avoid reading, eating, text-messaging or reaching for any moving objects while the vehicle is in motion.
- Resist the temptation to watch collision scenes or any other diversions on the road.
- Find a safe place to stop before writing things down. Never take notes or use a lap-top while driving.
- Keep your eyes on the road, hands on the wheel - put your focus where it should be.

For more information, contact the Office of Traffic Safety at 780-422-8839 or your Regional Traffic Safety Coordinator. To find your local coordinator, visit the Saferoads website at www.saferoads.com and click on Contact Us, then the [Regional Traffic Safety Coordinators link](#) on the left-hand side.

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