

# Anything that distracts the driver from the driving task compromises safety



## Eliminate factors of distraction

- STOP Driving to answer a mobile phone
- STOP Driving to eat a meal
- STOP Driving to do paperwork
- STOP Driving to read a street directory
- STOP Driving to adjust in-vehicle systems (e.g. radio)

Eliminate any activity that prevents your full attention and concentration when driving



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