

# 6 TIPS TO Stop Distracted Driving

It's time to put an end to distracted driving.

April is Distracted Driving Awareness Month, and as the global leader in smartphone telematics, Cambridge Mobile Telematics understands the true scope of the problem, as well as how it's developed over time with the introduction of the smartphone.

CMT projects that in the next five years, the U.S. could see up to 21,799 fatal crashes and 4.7 million accidents causing bodily injury or property damage linked to phone distraction. Take action by instilling these tips into your daily driving routine today.



## 1. Program your devices from the start.

- ✓ Know the route to your destination
- ✓ Cue up your music
- ✓ Enable Do Not Disturb
- ✓ Secure your phone somewhere non-distracting



## 4. Save your snacks!

- ✓ Save your snacks for driving breaks
- ✓ Secure packaging and water bottles from coming loose during your trip



## 2. Be a good passenger.

- ✓ Do not distract the driver
- ✓ Be assertive and confront your driver if they're distracted
- ✓ Be the DJ!
- ✓ Help with directions



## 5. Don't distract on the road from at home.

- ✓ Don't call or text someone you know to be driving
- ✓ In case of emergency, ask the driver to pull over before delivering news



## 3. Don't drive tired.

- ✓ Pull over at rest stops to take a break
- ✓ Eat during breaks for more energy



## 6. Establish a Distracted Driving Policy as an employer.

- ✓ As an employer, you set the expectation of response: don't call or ask employees to communicate during commuting hours

