

Even a small distraction slows your reaction.

If you're looking at your phone, you won't see other road users.

Using your phone while driving distracts your attention away from the road and increases the risk of a crash and injury to yourself and others.

Put your phone out of sight.


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Even a small distraction slows your reaction.

Driving requires your complete attention.

Some distractions are:

- Mobile phones
- Food and drink
- Other passengers
- Radios, GPS or screens

How to keep yourself and other road users safe:

- Put your phone out of sight
- Keep your eyes on the road
- Stay focused on the task of driving

If our paths cross, let's make sure they cross safely.

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