

AVOIDING DISTRACTION



There are many things which could distract you whilst driving and lead to an accident or fine. What can you do to minimise these?

- Don't use your phone whilst driving, if you must make a call/text - **pull over safely and turn off your engine to do so.**
- Make sure to set any SAT NAV before starting your journey. If you need to amend it - **pull over safely and turn off your engine to do so.**
- Keep both hands on the wheel, do not eat, vape or smoke whilst driving. If you need to - **pull over safely and turn off your engine to do so.**

**OVERALL, KEEP YOUR ATTENTION ON
THE ROAD AND YOUR HANDS ON THE
WHEEL.**