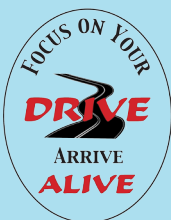


# FOCUS On Your DRIVE: Arrive Alive

## Top Tips

- **Turn off your cell phone.**  
Have a message that says you may be driving
- **Be well rested**
- **Stop distraction before it starts:** eat & drink, prepare music, finish grooming, etc. before driving
- **Check out dashboard controls and make adjustments** (headrest, mirrors, etc) before driving
- **Secure items** in the vehicle so they don't move around
- **Keep items** you'll need while driving *within easy reach*
- **Get clear directions** including knowing your route ahead of time
- **Ask passengers to limit conversations** and to help navigate and notice hazards
- **Don't reach** for items that fall
- **Pull over** somewhere safe if you become tired or to perform a distracting task
- **Drive defensively** and keep at least 3 seconds between you and the vehicle in front of you



Web Resources  
Virtual Road Test:  
[www.abc.ca](http://www.abc.ca)  
[Teensafedriver.org](http://Teensafedriver.org)  
[Americasafedriver.com](http://Americasafedriver.com)  
[AARPdriversafety.org](http://AARPdriversafety.org)

## It's the Law in Colorado (effective 12-1-09)

➡ No cell phone use (drivers under age 18)

➡ No Texting (all drivers)



The Injury Prevention Coalition provides free presentations to the community. To schedule a speaker or for more information, call San Juan Basin Health Department at 247-5702, ext. 228 or visit [www.sjbhd.org](http://www.sjbhd.org)