TAKE THE PLEDGE

Choose to make a difference.

The fight to end distracted driving starts with you. Just like buckling up, it's a decision that saves lives. Make the commitment to drive distraction-free today.

Take the pledge to:

- **Protect lives by never texting or talking on the phone while driving.**
- **Be a good passenger and speak out if the driver is distracted.**
- **Encourage friends and family to drive phone-free.**

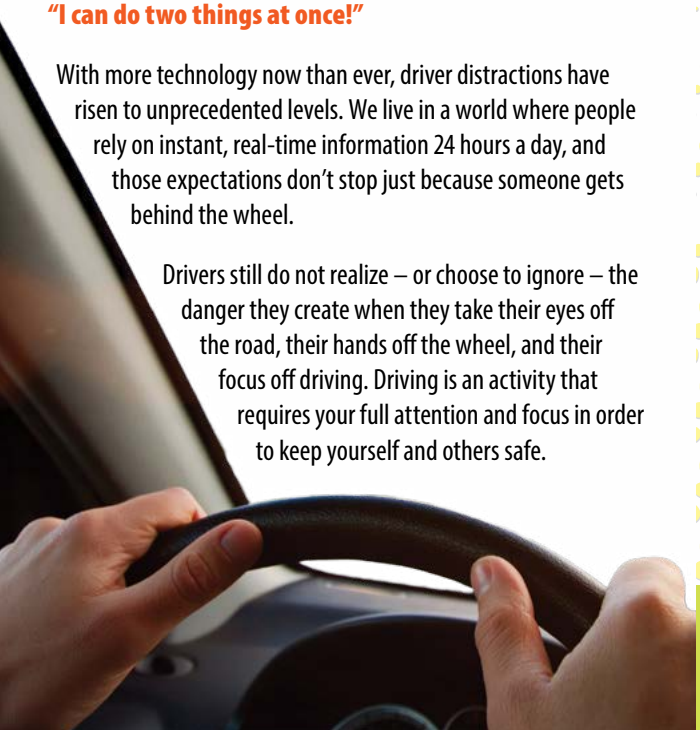
Save a life. Spread the word. Take the pledge to drive distraction-free and learn more about what you can do to promote safer roads for everyone at www.distraction.gov.

THE MYTH:

"I can do two things at once!"

With more technology now than ever, driver distractions have risen to unprecedented levels. We live in a world where people rely on instant, real-time information 24 hours a day, and those expectations don't stop just because someone gets behind the wheel.

Drivers still do not realize – or choose to ignore – the danger they create when they take their eyes off the road, their hands off the wheel, and their focus off driving. Driving is an activity that requires your full attention and focus in order to keep yourself and others safe.



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www.oregon.gov/ODOT/TS

SAVE YOUR LIKES FOR LATER.

A DISTRACTED DRIVER CRASH OCCURS EVERY 2.5 HOURS IN OREGON.

IT'S BETTER TO STAY ALIVE THAN TO STAY CONNECTED.

DON'T TEXT OR TALK ON YOUR PHONE WHILE DRIVING.

IT COULD SAVE YOUR LIFE OR A FRIEND'S LIFE.

Oregon Department of Transportation

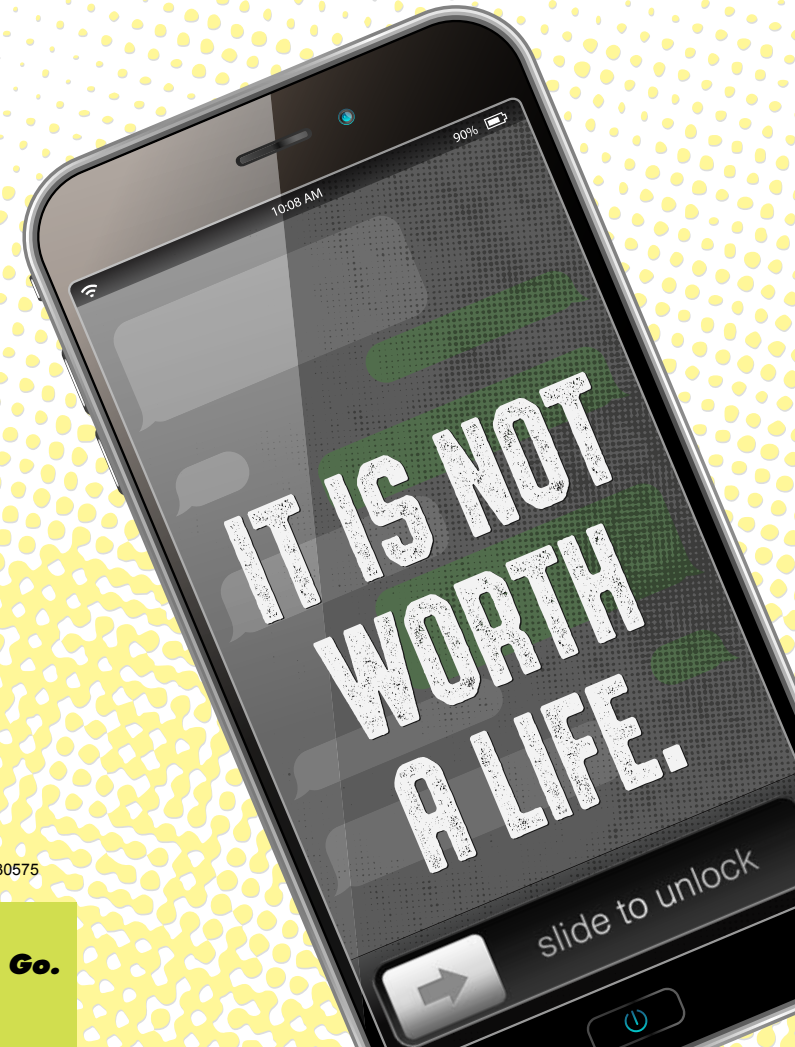
Form 737-3539 (8/17)

Stock No. 330575

Drive Without Distractions. *The Way to Go.*
Transportation Safety — ODOT

DISTRACTED DRIVING

Eyes on the Road. Not on Your Phone.



DRIVE DISTRACTION-FREE

Distracted drivers pose a deadly risk to everyone on the road. Drivers engage in a range of distracting activities from eating, grooming, reading, talking, or texting on their phones. Hands-free is not risk free, as dangerous mental distractions exist even when drivers keep their hands on the wheel and eyes on the road.

There are four types of driver distraction:

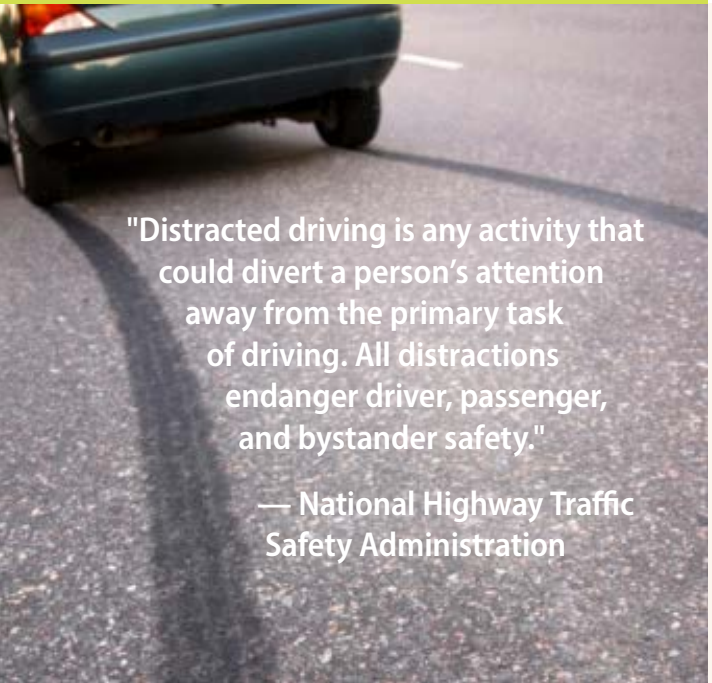
VISUAL
Looking at something other than the road

AUDITORY
Hearing something not related to driving

MANUAL
Handling something other than the wheel

COGNITIVE
Thinking about something other than driving

Distractions often involve more than one of these types, with both a sensory and a mental component.

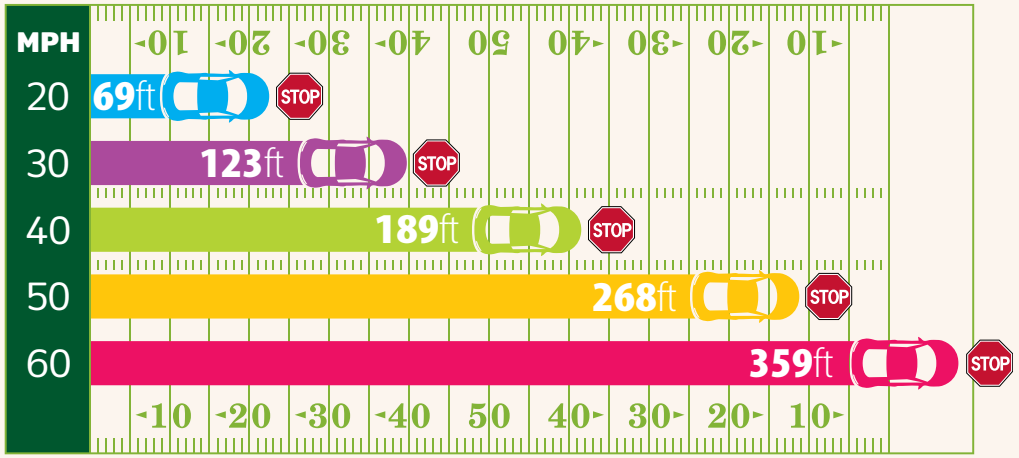


DISTRACTED DRIVING LAWS PROTECT EVERYONE

Oregon's cell phone law prohibits the use of any mobile electronic device by drivers unless you are using a hands-free device (drivers under age 18 are banned from using any kind of mobile electronic device, hands-free or not). No driver of any age is allowed to text while driving. Oregon's law is a primary offense, so police can stop a driver just for violating this law. Drivers caught violating ORS 811.507 could face a Class B traffic violation with a presumptive fine of $260 (maximum $2,000) for the first conviction.

TIPS TO AVOID DISTRACTIONS

- **Turn it off and stow it.** Turn your phone off or switch it to silent mode before you get in the car. Then stow it away so that it's out of reach.
- **Use a cell phone app** that automatically notifies callers when you are driving and stops tempting notifications.
- **Pull over.** If you need to make a call, pull over to a safe area away from traffic.
- **Ask a passenger** to operate the phone for you while you're driving.
- **X the Text.** Don't ever text and drive, browse online, read your email or social media while driving. It's dangerous and against the law in most states. Even voice -to-text isn't risk-free.
- **Prepare your route.** If using a GPS device, enter your destination before you start to drive. If you prefer a map or written directions, review them in advance. Pull over to a safe area away from traffic if you need to review.
- **Mind the kids.** Pull over to a safe place to address situations involving children in the car.
- **Secure your pets.** Unsecured pets can be a big distraction in the car.
- **Focus on driving.** Multi-tasking behind the wheel is dangerous. Refrain from eating, drinking, reading, grooming, smoking, and any other activity that takes your attention off the road.

5 SECONDS

is the average time your eyes are off the road while texting. When driving at 55 mph, that is enough time to cover the length of a football field.