

So what can be done to help avoid the consequences of distracted driving?
Here are AAA's Top 10 Tips to Avoid Distractions While Driving

- **#1 Rule**
if you cannot devote your full attention to driving because of some other activity, it's a distraction. Take care of it before or after your trip, not while behind the wheel.
- **Fully focus on driving**
Do not let anything divert your attention, actively scan the road, use your mirrors and watch out for pedestrians and cyclists.
- **Store your stuff**
Store loose gear, possessions and other distractions that could roll around in the car, so you do not feel tempted to reach for them on the floor or the seat.
- **Adjust before you go**
Make adjustments before you get underway. Address vehicle systems like your GPS, seats, mirrors, climate controls and sound systems before hitting the road. Decide on your route and check traffic conditions ahead of time.
- **Dress before you drive**
Finish dressing and personal grooming at home – before you get on the road.
- **Eating lunch while driving could make you late for dinner**
Snack smart. If possible, eat meals or snacks before or after your trip, not while driving. On the road, avoid messy foods that can be difficult to manage.
- **Get the kids (and the pets) settled before you start driving**
Secure children and pets before getting underway. If they need your attention, pull off the road safely to care for them. Reaching into the backseat can cause you to lose control of the vehicle.
- **Turn it off**
Put aside your electronic distractions. Don't use cell phones while driving – handheld or hands-free – except in absolute emergencies. Never use text messaging, email functions, video games or the internet with a wireless device, including those built into the vehicle, while driving.
- **A good passenger is a driver's best friend**
If you have passengers, enlist their help so you can focus safely on driving.
- **Pull over first, then deal with the issue**
If another activity demands your attention, instead of trying to attempt it while driving, pull off the road and stop your vehicle in a safe place. To avoid temptation, power down or stow devices before heading out.