SAFER ROADS ALLIANCE

Distracted Driving

If you do these things while driving…

…you are violating Alberta's distracted driving laws.

- Using handheld cell phones
- Texting or emailing
- Using electronic devices
- Reading printed materials
- Entering information on GPS navigation system
- Personal grooming

https://www.alberta.ca/distracted-driving.aspx#jumplinks-0

Fast facts on distracted driving

Distracted driving is extremely dangerous and can cause irreparable damage and harm to yourself and others.

- ✔ 26% of crashes involve phone use
- ✔ 2x the crash risk if eyes are off the road for two seconds
- ✔ 8x more likely to crash while texting and driving
- ✔ 21,612 distracted driving convictions in Alberta in 2020
- ✔ Minimum $300 fine and three demerit points

https://ama.ab.ca/community/build/risky-driving/distracted-driving

Is everything considered distracted driving?

No, you can still enjoy the drive. Here's some of the things you can do safely…

- Use a cell phone in handsfree mode
- Use an earpiece
- Have a drink
- Eat a snack
- Smoking
- Talk with passengers
- Listen to some tunes
- Call emergency services such as 911 with a handheld cell phone
- Using two-way radios or handheld radios (also known as CB radios) when a driver is required to remain in contact with one's employer

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Reminders

Follow these tips to keep yourself and others safe on the roads:

- **Put your phone away** – Use your cellphone only when the vehicle is parked in a safe place.
- **Stay calm** – Avoid emotional conversations with passengers as this can lead to distraction, if you are using a hands free cell to speak with someone, make sure they know you may need to hang up or interrupt the conversation suddenly to react to road conditions.
- **Keep your hands on the wheel** – Always keep eyes forward and hands on the wheel.
- **Pull over as needed** – If you need to attend to anything while driving (pets, kids, etc.) find a safe spot to park first.
- **Plan ahead** – Set up electronics like music players, phones and GPS units before starting to drive.

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Please **Take the Pledge** to do all that you can do to keep our highways safer for you and all that travel on them.

Take the Pledge

Drive Safe

More road safety tips can be found on

saferalbertaroads.ca