

Distracted Driving

“People who text and drive are 8 times more likely to be involved in a crash or near-crash.”

Distracted driving is defined as the diversion of attention from driving as a result of the driver focusing on a non-driving object, activity, event or person.

When you drive distracted, you're putting yourself and others at significant risk of collision, injury, or death. Every incident of distracted driving is entirely preventable.

Ways to Avoid



Put Your Phone Away

Only use your cellphone when you are parked in a safe place.

Stay Calm

Avoid stressful conversations with passengers or hands-free calls as this can lead to distraction and unsafe behaviors.

Hands on the Wheel

Park in a safe place before reading, writing, or referring to a map.

Pull Over as Needed

If you need to attend to your kids or pets while driving, find a safe spot to park first.

Plan Ahead

Program electronics like music players, phones, and GPS before starting to drive

Know the Law

Alberta's distracted driving law restricts drivers from doing any of the following, even while stopped at a red light:

- ▶ Using hand-held cell phones
- ▶ Texting or e-mailing
- ▶ Using electronic devices such as laptops, video games, etc.
- ▶ Entering information on a GPS
- ▶ Reading printed materials, writing, or sketching
- ▶ Personal grooming, such as brushing or flossing teeth, putting on makeup, etc.



You can be charged with distracted driving, even if your driving performance does not appear to be affected.

Police have the discretion to lay charges if you are engaging in other activities while driving that impair your ability to drive safely, interfere with your access to the vehicle controls, and the safe operation of the vehicle or obstruct your vision in any direction.

The penalty for distracted driving in Alberta is a \$300 fine and three demerit points.

Not Considered a Distraction

- ▶ Calling 911 using a handheld phone
- ▶ Using a cell phone in hands-free mode
- ▶ Drinking or eating a snack
- ▶ Talking with passengers in the vehicle
- ▶ Using a CB radio to communicate with an employer
- ▶ Using a GPS that is affixed to the vehicle

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