



Driving safely requires constant awareness and preparation. Understanding potential distractions and setting up your environment can significantly reduce the risk of accidents. By recognizing the common dangers associated with driving, you can enhance your focus on the road and contribute to your overall safety. Below are some key tips to help you drive safely and prevent distractions. R.O.A.D. Ready (Recognize, Observe, Assess, & Determine) can be used to help improve awareness of hazards and increase safety when operating vehicles on or near roadways.

1

Recognize the Risks: Be aware of common driving distractions like electronic devices, drowsiness, and passenger interactions, and remember that texting or emailing while driving is illegal in Texas. Additionally, keep conversations with passengers minimal, especially in complex driving situations. It's crucial to remain alert and attentive rather than being preoccupied with distractions.



2

Observe Your Environment: Keep an eye out for drivers who may be distracted, such as those drifting between lanes or driving inconsistently. Being proactive by keeping a safe distance from potentially distracted drivers can give you more time to react if necessary.



3

Assess Your Situation: Evaluate any stressful driving scenarios calmly. Don't engage with erratic or aggressive drivers and maintain a safe distance. If you find yourself in a tense situation, consider taking a deep breath and refocusing your attention to ensure your reactions are measured and safe.

4

Determine Your Preparedness: Before setting off, preprogram your music, navigation systems, and make sure your vehicle is free of unnecessary items. Check that your mirrors are adjusted and your seat is comfortable to minimize distractions once you're on the road.



5

Prioritize Safety: Keep your phone off or blocked while driving and pull over safely if you need to use it. Consider using hands-free technology for navigation or calls; however, ensure it does not create cognitive distraction. Drive defensively and safely.

LEARN MORE WITH THESE ADDITIONAL RESOURCES:

- [Distracted Driving Dangers and Statistics | NHTSA](#)
- [5 tips for avoiding distracted driving](#)
- [Safer roads, safer employees: Say no to distracted driving](#)
- [Occupational driving safety resources](#)