



Drive safely

According to the National Highway Traffic Safety Administration, texting takes a driver's eyes from the road for an average of 4.6 seconds. At 55 miles per hour, you could drive the length of a football field in that time. Talking on the phone while driving—even on a hands-free headset—reduces the amount of brain activity associated with driving by 37 percent. Make a resolution this year to stay safe on the road by pulling over to use your phone.

4.6

Distraction free

If your workplace doesn't have a policy banning cell phone use while driving, consider enacting one. Such a policy should include hands-free devices; Oregon law already bans most cell phone use. Visit trafficsafety.org for sample policy documents from the Network of Employers for Traffic Safety.