

Take the Pledge

Nationally Ranked. Locally Trusted.

Just Drive with Denver Health

***Just Drive* and arrive alive!
Make the commitment today!**

Distracted driving kills and injures thousands of people each year. **I pledge to:**

- Protect lives by never texting or talking on the phone while driving.
- Be a good passenger and speak out if the driver in my car is distracted.
- Encourage my friends and family to *Just Drive*.

SIGNATURE

DATE

Visit denverhealth.org to download more
Phone Free Pledge Sheets.



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Just Drive...
and Arrive Alive!



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The fight to end distracted driving starts with you. Make the commitment to drive distraction-free today.



Texting takes your eyes off the road for 4.6 seconds. At 55 mph, that's like driving an entire football field blindfolded.

Tips to prevent distracted driving:

- Keep your hands on the wheel.
- Set your music playlist before you start driving.
- Properly restrain your children before you start driving.
- Put your cell phone away.
- Put on makeup or practice other grooming while the car is not moving.
- Enjoy your food outside of your car.

Keep your eyes on the road:

- Plan your route ahead of time.
- Encourage your passengers to keep quiet.
- Maintain proper speed and safety.
- Stay alert to changing road conditions.

Keep your mind on driving:

- Don't drive right after or during an argument or other emotional event.
- Don't use a hands-free device for your phone as a substitute for holding it.
- If you are tired, pull over and rest.