

Source: National Highway Traffic
Safety Administration (NHTSA)

SAFE DRIVING FACT
Sending or reading a text
message takes your eyes
off the road for 5 seconds.
At 55 mph, that's like
driving the length of an
entire football field with
your eyes closed.

FOLD ▼ HERE

NEBRASKA SAFETY CENTER

SAFE DRIVING REMINDER



Hey ,
Please remember **NOT** to

GO.UNK.EDU/DRED

TEAR ▲ HERE

SUGGESTED REMINERS

- ▶ Use your phone while driving
- ▶ Eat while driving
- ▶ Drink or use drugs while driving
- ▶ Tailgate the car in front of you
- ▶ Get angry or exhibit road rage
- ▶ Exceed posted speed limits



UNK

Nebraska Safety Center
EST. 1978

**SHARE YOUR EXPERIENCE ON
SOCIAL MEDIA CHANNELS
TAG @NEBRASKASAFETYCENTER
USE #GROUNDYOURPARENTS**



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