

**Hi there,
just a quick reminder
because we care...**



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Too many New Zealanders are driving distracted – whether it be from phones, passengers, music, eating or drinking.

Checking a text takes about 4.6 seconds. At 90 km/h that's like driving the length of a rugby field blindfolded!



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The consequences

- ✗ It is illegal to send or receive text messages or calls on hand-held mobile phones while driving. Penalties are an \$80 fine and 20 demerit points.

Do the right thing; drive distraction FREE!

- ✓ Pull over to the side of the road to answer your phone. Or better yet – put it in your bag or turn it off while driving so you're not tempted.
- ✓ Choose your music before heading off.
- ✓ Take a break if you're feeling tired.
- ✓ Eat and drink when you arrive at your destination.

Save lives - Speak Up for Road Safety

For more information visit sadd.org.nz



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