

# DISTRACTED DRIVING STUDY



Did you know that 91% of Quebec drivers are driving with distractions?

Plan ahead and put your focus back on the road by making smarter use of technology.



## 38%

use in-car functions to change music  
Program your infotainment system in advance



## 35%

use the hands-free multimedia option to text or read emails  
Staying focused on the road when you drive should be your top priority



## 34%

say they try to reach for objects on the floor, in the glove box, or the back seat  
Make sure you have everything you need before hitting the road



## 25%

use their cellular phones to make a call, text, email or use social media  
Keep your mobile phone on silent and out of reach



## 23%

operate their GPS  
Get directions before you start moving or pull over to make adjustments



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You're in good hands.