6 Driving Safety Tips to Stay Protected on the Road

1. Stay focused on defensive driving

* Keep 100% of your attention on driving at all times.
* Use defensive driving techniques and be aware of what others around you are doing and expect the unexpected.
* Don’t use a cell phone or any other electronic device while driving.

2. Practice safe driving tips

* Build time into your trip schedule to stop for food, rest breaks and phone calls or other business.
* Adjust your seat, mirrors and climate controls before putting the car in gear.

3. Prioritize car safety

* Secure cargo that may move around while the vehicle is in motion. Don’t attempt to retrieve items that fall to the floor.
* Have items needed within easy reach, such as toll fees, toll cards and garage passes.

4. Make the time for driving safety

* Pull over to eat or drink. It takes only a few minutes.
* Practice defensive driving and give yourself time to react. Keep a 2 second cushion between you and the car in front of you − 4 seconds if the weather is bad.

5. Slow down

* Don’t speed − it gives you less time to react and increases the severity of an accident.

6. Think safety

* Always wear your seat belt and drive sober and drug-free.

**Find additional safe driving tips from Nationwide**

Following these safe driving tips can lead to safer roadways for everyone and the prevention of more car accidents. You can also learn more about [driving while distracted](http://www.nationwide.com/newsroom/dwd-facts-figures.jsp) and how these driving safety tips may help protect you.