

Distracted Driving

When you drive distracted, you're putting yourself and others at significant risk of collision, injury, or death. Every incident of distracted driving is entirely preventable.

People who text and drive are eight times more likely to be involved in a crash or near-crash compared to non-distracted drivers.

Distracted Driving

Alberta's distracted driving law restricts drivers from doing any of the following, even while stopped at a red light:

- Using hand-held cell phones
- Texting or e-mailing
- Using electronic devices such as laptops, video games, etc.
- Entering information on a GPS
- Reading printed materials, writing, or sketching
- Personal grooming, such as brushing or flossing teeth, putting on makeup, etc.



You can be charged with distracted driving, even if your driving performance does not appear to be affected.

Police have the discretion to lay charges if you are engaging in other activities while driving that impair your ability to drive safely, interfere with your access to the vehicle controls, and the safe operation of the vehicle or obstruct your vision in any direction.

The penalty for distracted driving in Alberta is a \$300 fine and 3 demerit points.

Ways to Avoid

Put Your Phone Away

Only use your cellphone when you are parked in a safe place.

Stay Calm

Avoid stressful conversations with passengers or hands-free calls as this can lead to distraction and unsafe behaviors.

Hands on the Wheel

Park in a safe place before reading, writing, or referring to a map.

Pull Over as Needed

If you need to attend to your kids or pets while driving, find a safe spot to park first.

Plan Ahead

Program electronics like music players, phones, and GPS before starting to drive.

[For more information visit Alberta's Traffic Safety Distracted Driving website](#)