

Distracted Driving Awareness Month

April Safety Topic

In 2023, 40,990 people were killed in traffic crashes involving distracted drivers according to Governors Highway Traffic Safety Association.

Using a cell phone while driving creates an enormous potential for deaths and injuries. Looking down to send or read a text message for 5 seconds, going 55mph is equivalent to driving the length of a football field with your eyes closed.

National Distracted Driving Awareness Month is a good time to regroup and take responsibility for the actions and choices we are making when we're driving.

There are 3 types of distractions



Unfortunately, we see distracted drivers all too often on the roads. Here are some common signs of distracted drivers:

- Drives below the posted speed limit
- Appears to be on their cell phone
- Does not stop at a stop sign
- Reaches for something inside the vehicle
- Is eating or drinking while driving

- Pulls out in front of your vehicle
- Is applying make-up while driving

Take Action

Remind your friends and family that if they are in the driver seat that's the only thing you should be focused on. No other distractions.

If your driver is not focusing on the road, texting, or getting distracted, speak up and say something.

Follow the Focused Driver Checklist

- Adjust vehicle controls such as mirrors, seat, radio, and air temperature controls before you start driving
- Program the GPS before leaving for your destination
- Plan ahead – determine routes, directions, and check traffic conditions before you leave
- Do not multitask while driving
- Do NOT talk on your cell phone or infotainment system, even hands-free
- Do not reach down or behind your seat, pick up items from the floor or clean the inside of the window while driving
- Do not eat or drink while driving
- Pull over to a safe area to care for a child

It is important for our safety and those we share the roads with to find ways to identify and eliminate distractions that occur while driving.

Do your part and drive with no distractions. Your life and other lives depend on it.

