

Avoid the Dangers of Distracted Driving

April Safety Topic

On average, nine people a day are killed in distracted driving crashes, but a few simple steps can reduce the risks of yourself and those around you.

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

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