

Distracted Driving

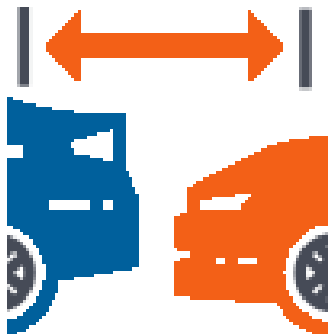
Distracted driving is a serious safety hazard that contributes to a significant number of accidents on the road. In fact, the National Highway Traffic Safety Administration reported that **more than 2,800 people are killed** and **400,000 are injured** in crashes involving a distracted driver each year—equating to approximately **eight deaths and 1,095 injuries per day**.

Types of Distractions

1. Visual distractions
reading emails or text messages, focusing on vehicle passengers, looking at maps or navigation systems, and observing nearby activities (e.g., accidents, traffic stops or roadside attractions) while driving.

2. Manual distractions
texting, adjusting the radio, programming navigation systems, eating, drinking or performing personal grooming tasks (e.g., applying makeup) while driving.

3. Cognitive distractions
talking on the phone, conversing with vehicle passengers or daydreaming while driving.



Distracted Driving Prevention Tips



Put away your phone. Silence your phone and store it in a location that is out of reach while driving to lower the temptation to check it.



Plan your trip before you leave. Program your navigation system prior to hitting the road to get familiar with your journey and feel confident in your route.



Don't fumble with your playlist. Select a radio station or plug in a predetermined playlist before driving to limit the need for music adjustments.



Secure passengers. Ensure kids are properly situated in car seats (if needed) with seat belts fastened. Keep pets stationary in the back seat.



Avoid multitasking. Never complete additional tasks—such as eating or personal grooming—behind the wheel.



Stay focused. Concentrate your mind on the road by keeping distracting conversations to a minimum and looking straight ahead.