



Avoid Distracted Driving

April is National Distracted Driving Awareness Month. Distracted driving is a deadly and increasing problem that is totally preventable. **Be a good example for all by avoiding distracted driving – it's a matter of life and death.**

- In 2016, distracted driving claimed **3,450** lives, including 562 non-occupants of the involved vehicles (pedestrians, bicyclists and others). That's about 9 people everyday who are killed, and 391,000 more injured.
- Currently 47 states, DC, PR, Guam and USVI ban text messaging for all drivers. In all but four states, police can cite and fine a driver for using a handheld device without any other traffic offense occurring.

THREE MAIN TYPES OF DISTRACTION

1. Visual (taking your eyes off the road)
 2. Manual (taking one or both hands off the wheel)
 3. Cognitive (taking your mind off of driving)
- Many examples of distracted driving fall under more than one type of distraction
 - Texting or otherwise manipulating mobile devices fall under ALL 3 types of distraction

REMINDERS ON HOW TO AVOID DISTRACTED DRIVING

- ✓ Pull over to read directions – just like we did before GPS!
- ✓ Put your phone in “Do Not Disturb” mode
- ✓ Keep your phone out of reach
- ✓ Make all environmental adjustments (radio station, temperature) before driving
- ✓ Avoid phone calls; pull over if you need to talk
- ✓ Ask a passenger to assist in taking a call or typing a text if absolutely needed
- ✓ Keep your emotions in check
- ✓ Don't multitask



Will these be your last words?

MORE REMINDERS

- ✓ Speak up! Call out a driver who manipulates a device while driving. Offer to assist making a call or looking for directions.
- ✓ Always wear your seat belt!