

DISTRACTED DRIVING AWARENESS MONTH

The National Safety Council recognizes April as Distracted Driving Awareness Month. This event is intended to raise awareness about the dangers of distracted driving and encourage motorists like you to minimize potential distractions behind the wheel. Review the following article for more information on distracted driving and ways you can help prevent it.



DISTRACTED DRIVING OVERVIEW

According to the Centers for Disease Control and Prevention, distracted driving refers to any activity that may divert a motorist's attention from the road. Three main types of distractions can interfere with drivers' attentiveness behind the wheel, including the following:

1. Visual Distractions — These distractions involve motorists taking their eyes off the road. Some examples of visual distractions include reading emails or text messages, focusing on passengers in the vehicle, looking at maps or navigation systems, and observing nearby activities (e.g., accidents, traffic stops, or roadside attractions) while driving.

2. Manual Distractions—Such distractions entail motorists removing their hands from the steering wheel. Key examples of manual distractions include texting, adjusting the radio, programming navigation systems, eating, drinking, or performing personal grooming tasks (e.g., applying makeup) while driving.

3. Cognitive Distractions—These distractions stem from motorists taking their minds off driving. Primary examples of cognitive distractions include talking on the phone, conversing with vehicle passengers, or daydreaming while driving.

Regardless of distraction type, distracted driving is a serious safety hazard that contributes to a significant number of accidents on the road. Considering these findings, it's crucial to take steps to prevent distracted driving.



Distracted Driving Prevention: *Quick Tips*

Put Away Your Phone



- Silence and stow your phone.

Plan Your Trip First



- Set your route before driving.

Set Music Before Driving



- Choose music ahead of time.

Secure Passengers



- Buckle up kids & pets safely.

Avoid Multitasking



- No eating, grooming, or other tasks.

Stay Focused



- Keep your eyes on the road.

One drive. One focus. Arrive safely.