

DISTRACTED DRIVING



Distracted Driving can occur when you take your mind off driving, take your hands off the wheel, or take your eyes off the road.

- NEVER drive and use your phone at the same time. Drivers on cell phones, even using the hands-free features, see just a fraction of their driving environment because their attention is being divided between the road and the conversation.
- Hands-Free is not Risk-Free. Drivers looking out the windshield can miss seeing up to 50% of what's around them when using the hands-free functionality with their phone.
- Accident scenes create distraction. Avoid staring at an accident scene when passing by on the roadway. Use caution when passing the accident scene but do not look back or beside you for too long as this takes your eyes off the road in front of you and could cause another accident!
- When driving through a work zone, slow down and pay attention. There may be a flagger directing traffic and/or construction workers near the flow of traffic.

Here's how to prepare for a distraction-free drive:

- Complete your phone calls, texts, and emails.
- Finish your snack or your meal, and if you have a drink, make sure it has a secure lid on it.
- Program your GPS, start your playlist, queue up your audiobook, or set up any other electronics that need to play while you are driving so that you don't need to touch anything after you start driving.
- Enable the Do Not Disturb feature so you won't be distracted by notifications.
- Put the phone in a glove box, purse, bag, or other space that is out of reach.
- Before longer drives, inform your co-workers, family, and friends that you will be driving and that you will not be checking your phone or accepting calls while you drive, then allow time to safely park and check your messages, if needed.
- Avoid driving if you are upset, fatigued, or sick.

Discussion

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What are common causes of distraction while we are driving?

What do you do if you are a passenger in another car and the driver seems distracted?