



“Because Safety Starts With You!”

Safety Source

▶ Distracted Driving



A completely preventable accident waiting to happen.

According to the National Highway Traffic Safety Administration, distracted driving claimed almost 3,000 lives across the county in 2018. Drivers, passengers, pedestrians, workers, and bicyclists have been killed or severely injured because of distracted driving.

Distracted driving involves some type of distraction while driving. Talking on a cell phone while driving is the most common, followed by texting and internet use. Listening to a podcast, using the vehicle GPS, changing the radio, or eating while driving can also lead to a distracted driving accident.



Taking your eyes off the road to read or compose a text while driving for only 5 seconds at 55 miles an hour is like closing your eyes for the entire length of a football field while driving.

What actions has your company taken to prevent a distracted driving accident?

While many states have enacted laws to address distracted driving in vehicles, the laws aren't the same in every state. Some states ban holding a cell phone while driving, while others ban using a cell phone altogether while driving, including texting and internet usage.

Specific state rules for cell phone use can be found at the Governors Highway Safety Association, www.gsha.org.

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Personal tips to stop yourself from driving distracted:

- Limit phone use while you're driving or turn it off if necessary. Hands-free calling or voice texting while driving can still result in a distracted driving accident.
- If available as an option on your phone, set your phone to provide an automatic response while you're driving, notifying the sender that you're driving and can't talk now.

Multiple phone apps are available; some are free. AT&T's DriveMode, (for AT&T customers only), Lifesaver App, and OneTap App are examples.

- Pull off the road and park in a safe spot, such as a parking lot, before making a call or sending a text. Stay there until your discussion is finished. Then get back on the road.
- Avoid eating, glancing at your calendar, and searching for items while driving.