



DROP IT AND DRIVE

Distracted Driving

April is Distracted Driving Awareness month.

Thousands have died in car crashes involving cell phone use. New technology allows us to make phone calls, dictate texts or emails and update social media while driving – all actions that are proven to increase crash risk. Cell phones are not the only type of distracted driving that can cause an accident. Distracted driving includes but is not limited to the following:



- Shave
- Text or email
- Read or write
- Tune the radio
- Put on makeup
- Eat, drink, or smoke
- Talk on the cell phone
- Comb or brush your hair
- File, clip, or polish your nails
- Argue with another passenger
- Reach for the glove compartment
- Break up fights between your kids
- Put in contact lenses or use eye drops
- Pick something up from the floor or between the seats

Driving is complicated enough without becoming distracted by doing other things too. Don't use the vehicle's mirrors for personal grooming when the vehicle is in motion or try to read or write while you're behind the wheel. National Highway Traffic Safety Administration (NHTSA) records show nearly 6,000 people died last year in crashes involving a distracted or inattentive driver, and more than half a million were injured.



*Be a hero.
Don't drive distracted.*