



Distracted Driving

Driver distraction is one of the leading causes of traffic incidents. Using a cell phone requires a large amount of attention and is a major contributing factor to roadway incidents. However, a cell phone is only one of many distractions a driver faces. Many incidents occur because drivers are not aware of the conditions around them. Be aware and know that distractions can come from many sources at any time. The following are some common causes of distracted driving.

- Eating/Drinking/Smoking
- Reading (including looking at a map, the address on a package, driving directions, etc.)
- Adjusting the audio, climate, or other controls
- Adjusting vehicle features such as pedals or steering wheel
- Watching a person, object or event outside the vehicle
- Moving objects in the vehicle (falling packages, a travel mug or food container, insects, etc.)
- Dialing, talking or texting on a cell telephone
- Adjusting or focusing on in-vehicle navigation systems.

Tips for Avoiding Distractions

GENERAL TIPS

- Do not consume medications or other substances that may affect driving.
- Leave personal issues at home (especially those that are upsetting) and be intentional about focusing on work tasks.
- Do not use cellular phones or other devices if possible (including hands-free devices).

BEFORE LEAVING

- Stow belongings properly.
- Ensure packages are securely placed and will not shift or fall in transit.
- Adjust the seat, mirrors, steering wheel, climate controls, etc.
- Plan your route, check the map or read the directions.

WHILE DRIVING

- Keep distractions to a minimum (eating, drinking, adjusting radio, handling/viewing cell phone, etc.).
- Do not wear headphones – including in-ear headphones.
- Be aware of changing driving conditions such as the volume of traffic, weather, etc.
- Do not reach for items that have fallen or shifted unless necessary and can be done safely.
- Do not write notes while driving.
- Do not glance at incoming messages on cell phone.
- Be aware of other vehicles or persons who may be distracted.