



STOP DISTRACTED DRIVING



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- Reaching for an object increases the chances of a car crash by 8 times according to the more alarming distracted driving statistics.
- Distracted driving, fueled by the accessibility of smart phones, is one of the factors contributing to the recent spike in accident claims.
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Common distractions while driving:

- Talking and texting
- Eating
- Adjustment of music or GPS
- Handling children or pets
- Talking to passengers
- Applying makeup

Ways to avoid distractions:

- If there is an emergency pull over safely to the right shoulder to make a call.
- Don't eat while driving, food spills are a major cause of distraction.
- Do your multi-tasking outside the car, get everything settled before you start driving.
- Speak up, if you see someone driving while distracted, say something, let them know that you are not comfortable with that behavior.

