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MANAGEMENT & CONSULTING



SAFETY & HEALTH NEWSLETTER

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Distracted Driving

With increasing use of mobile devices and other distractions in our daily lives, it's crucial to understand the dangers of distracted driving and take steps to prevent it.

Distracted driving refers to any activity that diverts a driver's attention away from the task of driving. It can include texting, talking on the phone, using navigation systems, eating, adjusting the radio, or engaging in any other activity that takes your eyes, hands, or mind off the road. Unfortunately, the consequences of distracted driving can be devastating.

According to the National Highway Traffic Safety Administration (NHTSA), distracted driving claimed 2,841 lives in the United States in 2018 alone. That's equivalent to losing nearly eight lives every day due to preventable distractions while driving. In addition to fatalities, distracted driving also results in countless injuries, property damage, increased insurance premiums, legal consequences, and emotional trauma for those involved.

The risks of distracted driving are not limited to just texting or using a mobile phone while driving. Even a momentary distraction can lead to serious consequences. Studies have shown that taking your eyes off the road for just five seconds at 55 mph is equivalent to driving the length of a football field blindfolded. It only takes a split second of distraction to cause a severe accident.

Tips to prevent distracted driving:

1. **Put your phone away:** Avoid using your phone for calls, texts, or any other activities while driving. If you need to make a call or send a message, pull over to a safe location.
2. **Plan ahead:** Set your navigation, adjust your seat, mirrors, and climate controls, and secure any loose items before starting your journey. Avoid making adjustments while driving.
3. **Avoid multitasking:** Avoid eating, drinking, grooming, or engaging in any other activities that may distract you while driving.
4. **Use hands-free devices:** If you must use your phone while driving, use a hands-free device such as Bluetooth or voice commands, but remember that even hands-free devices can still be distracting.
5. **Be a responsible passenger:** If you're a passenger, do not distract the driver. Help the driver stay focused on the road.
6. **Take breaks:** Long drives can be tiring, leading to decreased focus. Take regular breaks to stay refreshed and alert



Remember, no text, call, or other distraction is worth risking your life or the lives of others on the road. Let's make a commitment to prioritize safe and distraction-free driving at all times.

Drive safely, stay focused, and let's keep our roads safe for everyone.