

Avoiding Distracted Driving Accidents

According to the National Highway Transportation Association distracted driving accidents result in over 3,000 deaths, 280,000 injuries, and \$129,000 billion in losses every year on average.

Taking your eyes off the road for 5 seconds at 55 mph means that you are driving blindfolded in a 2 ton vehicle for the length of a football field.

Key Practices

Take a minute to prepare before starting to drive to eliminate distractions. Then, avoid distractions while driving.

- ✓ Program your GPS first and make sure that it's secure.
- ✓ Make any necessary calls before leaving. Then, avoid taking calls while driving.
- ✓ Secure computers, cases, or other objects so that they don't move.
- ✓ If something drops, leave it until you can park.
- ✓ Ask passengers to help.

Prepare — Focus on Driving — Arrive Safely



Key Facts

According to the U.S. Department of Transportation, the three main types of driving distractions are:

- ✓ Visual — taking your eyes off the road
- ✓ Manual — taking your hands off the wheel
- ✓ Cognitive — taking your mind off what you're doing

Check out our [Safety Tips page](#) for more safety information.

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