



“DWD: Driving While Distracted”

Nearly everyone is guilty of some form of distracted driving. In fact, distracted drivers are almost everywhere you look:

- The cell phone socialite
- The in-car CD disk jockey
- The high-fashion cosmetician
- The 3-course meal king or queen

HERE ARE SOME GOOD IDEAS TO HELP YOU DRIVE MORE SAFELY:

1. Use your cell phone for emergency situations only.

While you're driving, a cell phone should only be used for emergency purposes. Even then, it's best to pull over safely to the right shoulder to make a call. Even hands-free devices can still cause you to miss important visual and audio cues to avoid a crash. Don't call / Don't answer.

2. Do your multi-tasking outside of the car.

Everyone spends a lot of time in their vehicles, and it may seem like the perfect time to get little things done: calling friends, searching for music, maybe even text messaging. Don't do it! Focus on the road and the drivers around you. Get everything settled before you start driving.



3. Teens should limit the number of passengers as well as the level of activity inside the car.

Most states' graduated driver licensing laws prohibit teens from having teenage passengers in the car with them during their early months of driving solo. Driving with friends can create a dangerous driving environment because novice drivers are focused on their friends rather than the road.

4. Avoid eating while driving.

Being busy is not excuse for distracted driving. Finishing your breakfast on the way to work or school may seem like a time-saver, but it means you are less attentive to the drivers around you. Food spills are a major cause of distraction.

5. If you are drowsy, pull off the road.

Drowsiness increases the risk of a crash or near-crash by nearly four times. If you feel tired, get off the road; don't try to get home faster.