

Catholic Mutual...CARES

DISTRACTED DRIVING

DON'T MAKE IT A DANGEROUS AND DEADLY ACTIVITY

A study by the National Highway Traffic Safety Administration (NHTSA) determined that in a recent 12 month period, Distracted Driving caused over 3,300 deaths and 387,000 injuries in the United States.

How can you avoid vehicle accidents caused by distracted driving? It's easy. Simply stay focused on driving and ONLY driving.

- Don't attempt to snack or eat meals behind the wheel.
- Avoid activities such as adjusting a GPS en route, reading, or reaching for anything that takes your eyes and concentration off the road in front of you.
- Avoid texting at all times.
- Extensive studies indicate both hand-held and hands-free cell phone use reduces your ability to focus on driving and reduces your defensive driving skills.
- While distracted driving can cause catastrophic accidents in any and all driving situations and conditions, the dangers are compounded when driving in traffic, at night, in bad weather and while driving in less familiar areas. In other words, anytime your driving alertness needs to have the utmost focus!

HOW TO SPOT A DISTRACTED DRIVER

- Driving below the speed limit or failing to stop at a stop sign or red light.
- Lane drifting or swerving between lanes.
- Talking or texting on a cell phone, eating, drinking or grooming. Reaching for something in the vehicle.
- Looking at a map or other item.

Make a point to keep a safe distance from distracted drivers.

The #1 cause of being killed on the job is due to vehicular accidents. It is also the #1 cause of accidental death for younger individuals and one of the leading causes for all others. **Don't be an employment or driving statistic. Always focus on your driving and arrive ALIVE.**