

SAFETY MATTERS

DISTRACTED DRIVING

April is Distracted Driving Awareness Month. On average, eight people are killed and nearly 800 injured each day in distracted driving crashes in the United States and Canada. Follow these tips to avoid distraction and stay safe on the road.

NEVER TALK OR TEXT ON THE PHONE

Even using voice-to-text or hands-free technologies can be distracting. Drivers talking on phones fail to see 50% of their surroundings.

AVOID USING TOUCHSCREENS

In-vehicle tech takes your mind off driving. Wait until you've stopped to interact with GPS or other screens in the cab.

DON'T REACH

Trying to grab a phone or paper that is just out of reach is a distraction. Both hands are not on the wheel, and you won't have your eyes on the road.

WAIT TO EAT OR DRINK

If you are eating or drinking while driving, then both hands are not on the wheel, and you are dividing your attention.

ALWAYS BUCKLE-UP

Be prepared for other drivers to be distracted, even if you aren't. Wear your seatbelt.

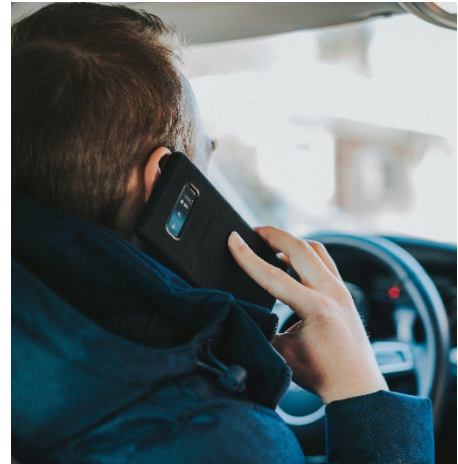


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