

Distracted Driving

April is National Distracted Driving Awareness Month in the United States, when we highlight the dangers of distracted driving and promote responsible driving habits. Distracted driving is defined as any activity that diverts a driver's attention from the task of driving. These activities include using electronic devices, eating, drinking, or talking to passengers.



Distracted driving is a significant cause of car accidents, resulting in thousands of deaths and injuries each year. When driving, you are not only responsible for yourself but also for others on the road. Focusing on the task at hand is crucial for safe driving. Remember, distracted driving can lead to serious consequences, including fines, injuries, and even death.

Here are some tips to prevent distracted driving.

- Plan your route: Obtain your route from your supervisor and review directions before you start driving, not while you're on the road.
- Prepare your vehicle: Adjust your mirrors, seat, and headrest, and fasten your seatbelt before you leave.
- No cellphone use: Put your phone in the glove compartment, center console, or another location where you can't reach it, or turn it off or silence it.

Remember to focus on the road, pay attention to your surroundings, and avoid any distractions. While it may not be possible to eliminate passengers, limit their and your activity inside a work vehicle. Attempt to minimize eating and drinking. If possible, eat meals or snacks before or after your trip, not while driving. On the road, avoid messy foods that can be difficult to handle. Although some distractions are avoidable, some can only be managed. Driving requires your full attention. You can take charge of eliminating distractions to focus on the road ahead.