



live well, work well

Presented by Veritas Risk Services

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Save Lives: Don't Be a Distracted Driver

According to the Centers for Disease Control and Prevention, nine people are killed and over 1,000 others are injured every day in accidents that involve a distracted driver in the United States. The National Safety Council observes April as Distracted Driving Awareness Month to draw attention to this epidemic.

Distracted driving is driving while doing another activity that takes your attention away from the road, and can greatly increase the chance of a motor vehicle crash. While there is little you can do to control other people's driving, there is plenty you can do to reduce your own distractions.

There are three main types of distractions:

1. Visual: taking your eyes off the road
2. Manual: taking your hands off the wheel
3. Cognitive: taking your mind off of driving

By practicing safe driving techniques, you can significantly reduce your chances of being involved in an auto accident. In addition to avoiding distractions, it's important to be aware of other drivers around you and make adjustments to your driving accordingly.