

DON'T DRIVE DISTRACTED. PERIOD.

Know the facts about distracted driving from National Highway Traffic Safety Administration (NHTSA) before you get behind the wheel. It could save a life.

What is Distracted Driving?

- Distracted driving is any activity that diverts attention from driving, including talking or texting on your phone, eating and drinking, talking to people in your vehicle, fiddling with the stereo, entertainment or navigation system—anything that takes your attention away from the task of safe driving.
- Texting is the most alarming distraction, incorporating all three types of distraction: visual, manual, and cognitive.
- Sending or reading a text takes your eyes off the road for 5 seconds, and at 55 mph, that's like driving the length of an entire football field with your eyes closed.
- You cannot drive safely unless the task of driving has your full attention. Any non-driving activity you engage in is a potential distraction and increases your risk of crashing.

What are the Consequences?

- In 2015 alone, 3,477 people were killed, and 391,000 were injured in motor vehicle crashes involving distracted drivers.
- During daylight hours, approximately 660,000 drivers are using cellphones while driving. That creates enormous potential for deaths and injuries on U.S. roads. Teens were the largest age group reported as distracted at the time of fatal crashes.
- Employees who use a mobile device while driving are four times more likely to crash.

What Can You Do?

1. Don't be afraid to simply turn off your phone. If you're not comfortable with that, then put it out of reach or turn the screen around. Remember, out of sight and out of mind means no distractions.
2. Before driving, organize your belongings to avoid multitasking. The better organized you are beforehand, the less you'll have to search around and take your eyes off the road for things like setting up your GPS route or locating your sunglasses.
3. Let your passengers do some of the work. Your job is to drive the car safely. If you have other people in the car, let them take some distracting tasks off of your plate and deal with directions, fiddle with the radio, or send a text for you.
4. Save the serious discussions for later. It's important to not lose yourself in stressful thoughts or serious conversations when you're on the road. Whatever it is, it's not worth risking your life or the lives of others over.
5. Use voice commands and Bluetooth sparingly. They're great technologies, but hands-free texting and talking are still pretty distracting by taking your mind and attentions off the road. So only use them when you absolutely need to.

Driver safety is no joke. Please take these facts and safety suggestions into consideration and stay safe out there on the roads.

For more information on the best safety training procedures, contact Evolved safety at **844.528.4486** or **info@evolvedsafety.com**.

Focus on Training with Us

If you'd like to take your distracted driving awareness to another level, let's talk about training. Evolved Safety works with several vendors that offer specific training on Distracted Driving, as well as a number of other driver training topics. If you're not sure what to look for, we also offer a free consultation should you have any questions about what kind of driver safety plan to use. Take a look at available formats:

- Interactive Online Training and Management
- DVD & Streaming Video
- Onsite Training and Consulting

Driver safety is no joke. Let us help you refocus on how to stay safe out there on the roads.

Call or email us at
info@evolvedsafety.com.