

APRIL

Distracted Driving Awareness Month

April is Distracted Driving Awareness Month. Here are some tips to help prevent distracted driving:

- **Put away your phone:** Silence your phone and store it out of reach while driving.
- **Plan your trip:** Program your navigation system before you leave.
- **Avoid multitasking:** Don't eat, adjust your music, or read while driving.
- **Stay focused:** Keep conversations to a minimum and look straight ahead.
- **Secure passengers:** Make sure children are in car seats and pets are in the back seat.
- **Use hand free apps:** Try apps to help you avoid using your phone while driving.

Distracted driving is any activity that could divert a person's attention away from the primary task of driving.



There are 3 types of distractions:

Visual

Taking your eyes off the road



Manual

Taking your hands off the wheel



Cognitive

Taking your mind off what you are doing



“It was just...” It was just a quick call to gunny”
“It was just a short trip” “It was just one drink”
“It was just a picture” “It was just a text”

“JUST”... Is ALL it takes.

Drive Responsibly

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