



Safety Minute: Distracted Driving

If you're distracted,
who's driving?

A split second could
affect your entire
future

Distracted driving is the #1 cause of crashes in the United States and claims 9 lives per day. Distractions can include:

- Cell phone use
- Loud music
- Passenger or phone conversations
- Adjusting vehicle controls/GPS
- Eating/grooming
- Rubbernecking

Ways to avoid driving distracted:

- Adjust radio and vehicle settings prior to leaving.
- Set your cell phone to "Do not disturb" to avoid the temptation to text while driving.
- Set ground rules with passengers regarding noise and in-vehicle activity.
- Practice situational awareness regarding the traffic around you.

Talk it
over

What sorts of things distract you?

What do you do to avoid distractions?

More resources available on the NHTSA's [Publications webpage](#).