

April is Distracted Driving Awareness Month

Distracted driving is any activity that diverts attention from driving. Driving distractions include talking or texting on your phone, eating and drinking while driving, talking to people in your car, and fiddling with the stereo/entertainment/navigation system.

Distracted driving statistics from the National Highway Traffic Safety Administration (NHTSA) include:

- In 2021, there were 3,522 people who were killed nationwide as a result of 3,211 motor vehicle accidents.
- Of those who were killed in a motor vehicle accident, 737 were aged 24 or younger, while 1,522 were between the ages of 25 and 54 years old, and 1,235 were ages 55 and older.
- In 2021, there were 543 pedestrians, 75 bicyclists, and 26 other non-occupants killed in crashes that involved a driver who was reported as distracted.
- Every year, about 13% of distraction-affected crashes involve the confirmed use of a cell phone.



Tips to Help Prevent Distracted Driving

- Put your phone in the trunk, glove box, or back seat when driving.
- If using navigation, program the destination before you start driving and activate the voice commands so that you don't have to look at your phone or navigation system.
- If you must call or text while on the road, pull over to a safe location and park your car before doing so.

- If someone is riding with you, seek their help to navigate, make a call, or send a text message while you drive.
- Don't be afraid to speak out if you are riding with a distracted driver. If the driver is texting or otherwise, ask them to stop and focus on the road.
- Don't be a distraction. If you know that someone is driving, avoid calling or texting them.
- Activate a "Do Not Disturb" setting in your cell phone to prevent calls and text messages from coming in while you're driving.
- Don't play music in your car so loud that you can't hear approaching traffic and emergency vehicles.
- Don't allow children or pets in your vehicle to distract you from paying attention to the road when driving. If they need your immediate attention pull off to a safe space.
- Complete the training related to Be Safe—Drive Smart on CMG Connect at <https://cmgconnect.org/>

<https://www.nkytribune.com/2023/04/during-distracted-driving-awareness-month-drivers-urged-to-stay-focused-as-fatalities-continue-to-rise/>

<https://images.search.yahoo.com/search/images;>

