

MCLB ALBANY SAFETYGRAM

- - - - - DISTRACTED DRIVING AWARENESS - - - - -

Every day, at least nine people in the U. S. die and 100 more are injured in distracted driving crashes. Cell phones, dashboard touchscreens, voice commands and other in-vehicle technologies pose a threat to our safety. The consequences of those distractions are not worth the convenience they offer. Ignore the distractions and just drive to keep us all safer on the roads.

Below is statistical data that shows how distracted driving affects our lives, plus some tips and additional resources to help us be safe drivers and not distract us from our goal of driving:
- getting to our destination safe!

Avoid the Dash to the Dashboard

Dashboard infotainment systems allow drivers to stay connected. But just because we can do something, **DOESN'T MEAN WE SHOULD.**

IT'S MORE DISTRACTING THAN YOU THINK

Drivers talking on handheld or hands-free devices can **FAIL TO SEE 50% OF THEIR SURROUNDINGS**



80%

OF DRIVERS MISTAKENLY BELIEVE hands-free devices are safer than handheld

53% OF U.S. DRIVERS believe hands-free devices must be safe if built into vehicles

MORE THAN 30 STUDIES show hands-free devices don't make drivers any safer — the brain remains distracted by the conversation

Here are some tips to be a safe driver:

- 1) Keep 100% of your attention on driving at all times, do not use electronics while driving.
- 2) Drive below the speed limit, speeding gives you less time to react and increases the severity of an accident.
- 3) Drive defensively, by planning ahead and anticipate unexpected actions by other motorists.
- 4) If you are a passenger, assist the driver to stay attentive by handling all electronics in the vehicle.



For more information, visit <https://www.nsc.org/road-safety/safety-topics/distracted-driving>, or scan the QR code. Remember: being a safe driver does not happen by accident!



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