



**AssuredPartners**  
COLORADO

## **April: Distracted Driving Awareness Month**



We have all seen it, and probably done it at one point. Whether it was answering that text, making that phone call, searching for a song to play, or reaching into the backseat to grab something, it qualifies as distracted driving. Though it may take our eyes off the road for only a moment, a moment is all it takes for the unthinkable to happen.

According to the National Safety Council, "every day, at least nine American die and 100 are injured in distracted driving crashes." The good news is that these accidents are 100% preventable. Let's look at some tips to help prevent distracted driving and save lives.

- Before starting your drive, consider anything you might need during the trip, such as GPS, music, or a friend's ETA and handle these things BEFORE the car is in motion. Also, check your climate controls, mirrors, and seat settings to ensure you are comfortable BEFORE heading out.
- If you have others in the car with you, appoint a designated phone friend to handle any texts or calls you might receive while driving.
- Silence your phone notifications and put your phone out of reach. If you think you might need a little extra help, check out some of the apps available to block messages or send auto-replies. Many of these apps are free and they essentially eliminate this distraction.
- If something urgent cannot wait until you arrive at your destination, find a safe place to pull over.

- Store any loose items securely so you don't feel tempted to grab them if they fall onto the floor or move around.
- Finish any dressing or personal grooming before you get on the road.
- If possible, eat before or after driving and not while on the road. If you are on a longer trip and/or need something to eat while driving, choose foods that are simple and won't make a mess or require a lot of focus to eat.
- Make sure your children and pets are secured BEFORE getting on the road. If they need your attention while driving, find a safe place to pull over instead of reaching into the backseat to assist them.

The most important thing to remember is that distracted driving is unsafe and should be avoided. As AAA Exchange points out, "if you cannot devote your full attention to driving because of some other activity, it's a distraction." Practice avoiding distractions and sooner than you think these habits will become natural to you.

Sourced From:

National Safety Council "[April is Distracted Driving Awareness Month](#)"

AAA Exchange "[Tips for Preventing Distracted Driving](#)"

Digital Responsibility "[Safety Tips to Avoid Texting While Driving](#)"