

The Dangers of Distracted Driving

If something prevents you from devoting your full attention to driving, it's a distraction. According to the National Highway Traffic Safety Administration, distracted driving claimed 3,142 lives in 2020.

Remember these important tips next time you're behind the wheel.

- Be familiar with your vehicle's controls.
- Adjust mirrors, seat, radio and GPS route before driving.
- Avoid use of cell phones and hands-free devices — except in an emergency.
- Don't engage in distracting conversations.
- Always wear your seatbelt.
- Don't pick up or reach for a dropped or loose object.
- Avoid distractions that impair your ability to operate a vehicle safely, such as eating, drinking and smoking.

For more information, visit our Resource Library.