

Minimize Distractions While Driving

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Distracted driving can be just as dangerous as drunk driving. Distracted driving can include taking your hands off of the steering wheel, taking your eyes off of the road, or taking your mind off of your task. Every year, thousands of people are injured or killed as a result of either driving distracted or being involved in an accident with a distracted driver.

Sending text messages, tuning the radio, putting on makeup and reading (even map reading) behind the wheel are dangerous activities that can put you, your passengers and other drivers at risk. All 50 states ban texting while driving in an effort to curb this dangerous practice. Although many people associate texting and driving with teenagers, record numbers of adults and seasoned drivers admit to regularly sending text messages while driving their cars.

Leave for work fully prepared to start work upon arrival. Do not attempt to put on makeup, style your hair or shave (yes, shave) while driving. Taking your eyes off of the road, even for a split second, can lead to a lethal accident. The law is very clear about the dangers of distracted driving. In California, it is against the law to use a cell phone without an earpiece. Drivers under the age of 18 are not permitted to use a cell phone at all (even with an earpiece) while driving. Text messaging while driving is prohibited.

Staying safe in your car starts with you. Keep the roads safe by keeping your hands on the wheel, your eyes on the road and your mind on your driving.