



Insurance Tips

Minimize distraction while driving

Distracted driving can have dire consequences. More than 3,100 people were killed in the U.S. as a result of distracted driving in 2017, according to the National Highway Traffic Safety Administration. Drivers are confronted with a steady stream of distractions: vehicle navigation and entertainment systems, mobile phones, passenger conversations, eating and drinking, and more.

Anything that takes a driver's attention away from driving can be dangerous. The AAA Foundation for Traffic Safety found that distraction "latency" can last up to 27 seconds, meaning that even after drivers put down the phone or stop fiddling with the navigation system, their mind isn't fully engaged with the task of driving.

Teens should be especially mindful of distracted driving. Not only do teens have the highest crash rates per mile driven, but they are also among the drivers most impaired by distraction.

Here are our top tips to minimize distraction while driving:

- **Focus on driving.** Actively scan the road for hazards, use your mirrors and watch out for pedestrians and cyclists.
- **Never text and drive.** According to NHTSA, texting is the most concerning distraction. Sending or reading a text takes your eyes off the road for 5 seconds. At 55 mph, that's like driving the length of an entire football field with your eyes closed. Texting while driving has been banned in 47 states and the District of Columbia.
- **Pull off the road.** If you must make a call, return a text or do anything else that would take your attention off the road, find a safe spot and pull over.
- **Get set before you go.** Plug your destination into your GPS and adjust your seats, mirrors, music and climate control before you step on the gas.
- **Don't eat or drink while driving.** Eating and drinking can take your hands off the wheel and your eyes off the road. If possible, eat meals or snacks before or after your trip, not while driving.
- **Let passengers give you a hand.** If something is distracting to you, ask a passenger to take care of it, so you can focus on driving.
- **Settle children and pets before getting underway.** If they need your attention, pull off the road safely to care for them. Reaching into the backseat can cause you to lose control of the vehicle.
- **Don't dress and drive.** Finish personal grooming at home – before you get on the road.
- **Get the right coverage.** For information about auto insurance, call your AAA insurance agent or insurance customer service, or visit your local branch.

For more information, talk to a AAA Insurance agent or visit your local branch office.

These tips are provided by the Marketing team at CSAA Insurance Group, a AAA insurer.