



## APRIL – DISTRACTED DRIVING AWARENESS MONTH



The National Safety Council (NSC) recognizes April as Distracted Driving Awareness month. Distracted driving is any activity that diverts a person's attention from the primary task of driving. When drivers are not paying attention they don't have a chance to react. ALL forms of distracted driving endanger driver, passenger, and bystander safety. The NCS reported that 90% of all accidents are caused by driver error or distractions. In 2015, approximately 3,477 people were killed and 391,000 were injured in motor vehicle crashes that involved distracted drivers.

### There are 3 types of distracted driving:

**1. Mental Distraction** – The driver's mind is not focused on driving. Thinking about personal, family or work-related issues are some examples.

**2. Visual Distraction** – The driver stops looking at the road ahead. Checking a GPS or texting while driving is a visual distraction.

**3. Manual Distraction** – The driver removes one or both hands from the wheel. Eating, drinking, using a phone or adjusting the seatbelt while driving are common types of manual distractions.

### Tips to avoid common driving distractions ~

- Do not look at maps or printed materials while behind the wheel.
- Eat before and after you drive.
- Program your radio or GPS before you drive.
- Keep your eyes and mind on the road at all times while driving.
- Stop using cell phones while operating a motor vehicle. Using a hand held phone is illegal and even hands-free devices can be a major distraction.



**Bob Kepple**

is the lucky winner of a gift card this month for turning in his signed newsletter.

Please welcome our newest team member, Angie Johnson. Angie will be working in Operations as a dispatcher. Remember she will be learning each driver, as well as our software system, so be mindful as she gets up to speed. Thank You!

I have read and understand the above information regarding "Distracted Driving Awareness".

Signature

Date



SPRING is here ... and with the warmer weather comes more road repair, construction zones and motorcycles. Please be engaged at all times and aware of your surroundings.

**A GOOD WEEK IS A SAFE WEEK!!**