



# The Dangers of Distracted Driving



## Don't Be a Statistic

\*Source: National Highway Traffic Safety Administration

Driver distraction is a factor in more than **70%** of accidents. That's more than **4,300** crashes every day. What's more, **28%** of all crashes in the U.S. each year are caused by drivers talking on cell phones and texting.\*

- Be familiar with your vehicle's controls.
- Adjust mirrors, seat and radio before you drive off.
- NEVER use electronic 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.

Bottom line — pay attention to the road ahead, stay focused and expect the unexpected.

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