



SAFETY MONDAY

DISTRACTIONS CONTRIBUTE TO TRAFFIC FATALITIES

According to NHTSA, 94% of traffic crashes are related to human choices. NWRA continues to hear that the three main factors contributing to traffic deaths are still Seatbelts, DUI, and Speed. Driver distraction and society's addiction to electronic devices is contributing to the increase in deaths.

NWRA and the Safety community know what works to save lives - high visibility enforcement of strong traffic laws coupled with public education and awareness.

Here are 8 tips for managing some of the most common distractions.

1. **Turn it off.** Turn your phone off or switch to silent mode
2. **Spread the word.** Record a voice-mail message telling callers that you are driving and you'll call them back when you have safely reached your destination.
3. **Reach your destination.** Do not use your phone until you are legally parked in a safe and permitted area.
4. **Use passengers.** If your company permits ask a passenger to make the call for you.
5. **Prepare.** Review maps and directions before you start to drive. If you need help, ask a passenger to help or pull over.
6. **X the Text.** Do not text, surf the web, read emails, use Facebook, or use Twitter while driving.
7. **Know your company policy and the law.** Familiarize yourself with your company's policies as well as state and local laws before you get in the vehicle.
8. **Focus on the task at hand.** Refrain from smoking, eating, drinking, reading and any other activity that takes your mind and eyes off the road.

