

# SAFETY SPOTLIGHT

## DISTRACTED DRIVING

The National Highway Traffic Safety Administration (NHTSA) defines distracted driving as any activity that diverts attention from driving, including talking or texting on your phone, eating and drinking, talking to people in your vehicle, fiddling with the stereo, entertainment or navigation system – anything that takes your attention away from the task of safe driving.



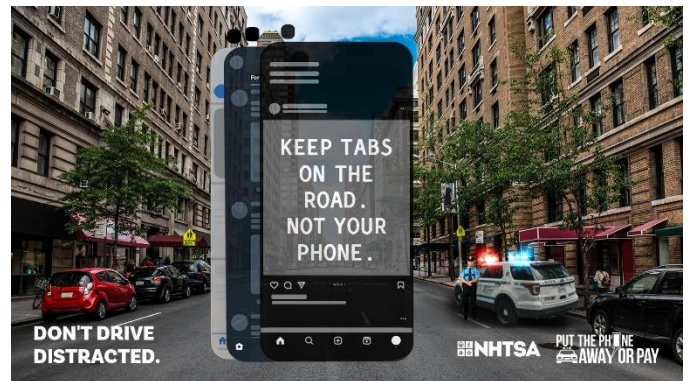
Distracted driving is a significant road safety issue that can be categorized into four main types: auditory, visual, manual, and cognitive distractions. You are distracted ANY TIME you take your eyes off the road. Consider these common types of driving distractions and responsible driving safety tips:

### Driving Distractions:

- **Auditory Distraction:** Hearing or listening to something not related to driving. This could include phone calls, podcasts, music, or any other disruptive audio.
- **Visual Distractions:** Taking your eyes off the road. Examples: Looking at a GPS, reading a text message, checking the rearview mirror excessively.
- **Manual Distractions:** Taking your hands off the wheel. Examples: Eating or drinking, adjusting the radio, reaching for an object.
- **Cognitive Distractions:** Taking your mind off driving. Examples: Daydreaming, talking to passengers, thinking about stressful situations, etc.

### Responsible Driving Safety Tips:

- If you need to text or use your phone, pull over to a safe location and park your car – only then should you read or send the text message.
- Appoint your passenger as the “designated texter” to respond to calls or messages.
- Activate your phone’s “Do Not Disturb” feature, silence notifications or put your phone away in the backseat or trunk so you won’t be tempted to respond.
- If you are a passenger remind the driver to practice safe driving and ask them to pull over to if they need to use their phone or offer assistance.
- Plan your trip before you leave. Program your navigation system before you begin driving to get familiar with your journey and feel confident on your route.
- Select a radio station or predetermined playlist before driving to limit the need for auditory adjustments.
- Ensure that children are properly situated in car seats (if needed) with seat belts fastened.



By addressing the causes of distracted driving, we can significantly reduce the risks and enhance overall road safety for everyone this summer travel season.

**Please contact your ASCIP Risk Services Consultant or our Risk Services team at [RM\\_Info@ascip.org](mailto:RM_Info@ascip.org) for questions or to discuss further.**

Resources: <https://www.nhtsa.gov/risky-driving/distracted-driving>

Helping to keep our member's employees safe! This Safety Spotlight brought to you by: