

## Distracted Driving



### April is Distracted Driving Awareness Month

Thousands of people are killed or injured each year due to distracted drivers. And it's not just about your phone! Distractions come in all forms: kids, pets, eating, passengers, mood, billboards, weather, etc. Please take a moment and read the tips below. Do any of these sound familiar in your daily routine?

### Information and Tips

**In 2021, distracted driving killed 3,522 people.** Statistics are only available for 2021. Just think how many more people are on the roads now, 3 years post COVID.

**Five distracted seconds** at the speed of 55 mph is the same as driving the entire length of a football field with your eyes closed.

**The four types of distractions are:**

- Visual – looking at something other than the road.
- Auditory – hearing something not related to driving.
- Manual – manipulating something other than the steering wheel.
- Cognitive – thinking about something other than driving.

**Text messaging increases the risk of crash or near-crash by 23 times.** People who text and drive statistically spend 10% of their time on the road outside their lane.

**Texters are six times more likely to wreck** their car than drivers over the legal drinking limit. The fatal crash rate for teens is 3 times greater than for drivers age 20 and over.

**It's the LAW:** 43 of America's 50 states have laws prohibiting texting and driving.

**Driver distraction is responsible for more than 58% of teen crashes.**

**Over 80% of drivers admit** to blatantly hazardous behavior while driving, such as changing clothes, steering with a foot, painting nails, or even shaving.

Distraction. gov, a U.S. government's official website for distracted driving, **defines a driver is practicing distracting behavior when:**

- Texting
- Using a cell phone or smart phone (even hands-free)
- Eating and/or drinking
- Talking to passengers
- Grooming (makeup, hair, nails)
- Smoking
- Reading
- Using a navigation system
- Watching a video
- Adjusting a radio or other listening device
- Adjusting vehicle controls (AC/heat, seat, etc.)
- Adjusting mirrors
- Children or pets
- Outside displays (signs, scenery, roadside oddities, other vehicles, etc.)
- Daydreaming or lost in thought

Sources: [nhtsa.gov/april-distracted-driving-awareness-month](https://nhtsa.gov/april-distracted-driving-awareness-month), [living.acg.aaa.com/auto/your-attention-please-april-is-distracted-driving-awareness-month](https://living.acg.aaa.com/auto/your-attention-please-april-is-distracted-driving-awareness-month), [nationaltoday.com/distracted-driving-awareness-month/](https://nationaltoday.com/distracted-driving-awareness-month/), [pricebenowitz.com/resource-center/distracted-driving/types/](https://pricebenowitz.com/resource-center/distracted-driving/types/), [nhtsa.gov/campaign/distracted-driving](https://nhtsa.gov/campaign/distracted-driving), [maherlawfirm.com/four-types-of-distracted-driving/](https://maherlawfirm.com/four-types-of-distracted-driving/), [nhlawoffice.com/blog/2021/march/what-are-the-3-main-types-of-distracted-driving-/](https://nhlawoffice.com/blog/2021/march/what-are-the-3-main-types-of-distracted-driving-/), [perdueandkidd.com/blog/distracted-driving/](https://perdueandkidd.com/blog/distracted-driving/)

## Things You Can Do

Things that make you comfortable or help you reach your destination should be handled prior to getting on the road. **Plan your trip in advance** and program GPS systems, set mirrors and climate controls, etc., before you begin driving.

Most of us know where things are in our own cars; turn signal, wipers, environmental, etc. If you're in a different car, take a minute and find those things. **Familiarize yourself with features** of the vehicle's equipment before you hit the road.

Most newer mobile devices have "do not disturb" features that will tell the incoming call or text you are driving. And also, silences your device so you're not tempted. If you have trouble ignoring your phone, **use message-taking functions** and return calls when you're stopped at a safe location.

**The most distracting passengers** are often children and pets. In a recent study conducted by AAA, it was found that dealing with children in a vehicle was 12 times more distracting than talking on a cell phone. For adult passengers, whenever possible, **ask them to help you** perform activities that may be distracting so you can keep your eyes on the road.

**Cell phones** are the biggest contributors when it comes to distracted driving accidents. And texting and driving combines all the main types of distraction. You have to take your eyes off the road to read a text message, take your hands off the wheel to hold your phone and/or respond, and your mind is on the task of texting the entire time. **Secure mobile devices** and any objects that may move and distract you while driving.

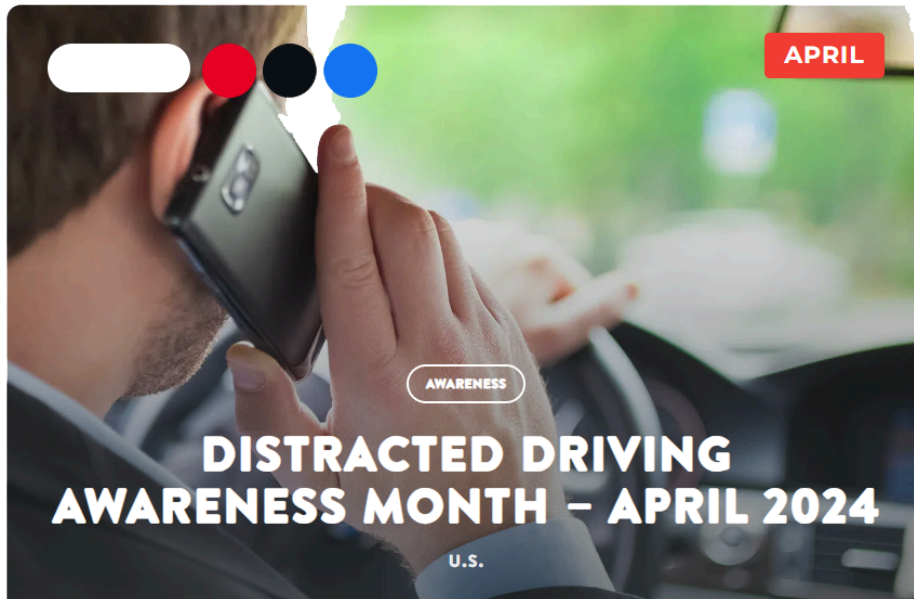
**Drivers who eat behind the wheel** are seriously limiting their ability to respond to an accident. Just reaching for an object while driving makes a driver 8 times more likely to crash, while eating makes drivers 3 times more likely to crash.

**Grooming in the car may seem harmless.** It might only take a few seconds to brush your hair or put on lipstick, but it takes even less time to get into an accident. In a recent survey, 1 in 5 adults admitted to having done some type of grooming while behind the wheel, whether that was brushing their hair, putting on lipstick or even shaving.

Sources: [nhtsa.gov/april-distracted-driving-awareness-month](https://nhtsa.gov/april-distracted-driving-awareness-month), [living.acg.aaa.com/auto/your-attention-please-april-is-distracted-driving-awareness-month](https://living.acg.aaa.com/auto/your-attention-please-april-is-distracted-driving-awareness-month), [nationaltoday.com/distracted-driving-awareness-month/](https://nationaltoday.com/distracted-driving-awareness-month/), [pricebenowitz.com/resource-center/distracted-driving/types/](https://pricebenowitz.com/resource-center/distracted-driving/types/), [nhtsa.gov/campaign/distracted-driving](https://nhtsa.gov/campaign/distracted-driving), [maherlawfirm.com/four-types-of-distracted-driving/](https://maherlawfirm.com/four-types-of-distracted-driving/), [nhlawoffice.com/blog/2021/march/what-are-the-3-main-types-of-distracted-driving-/](https://nhlawoffice.com/blog/2021/march/what-are-the-3-main-types-of-distracted-driving-/), [perdueandkidd.com/blog/distracted-driving/](https://perdueandkidd.com/blog/distracted-driving/)

---

**Distracted Driving Awareness Month - April**



Put down the phone and pay attention; April is National Distracted Driving Awareness Month. According to a phone company survey, almost 100% of teens agree that texting and driving is dangerous, but half admitted to doing it anyway. It may take only a matter of seconds to glance at your phone, but, if you are driving at 60 miles an hour, your eyes were blind to the road while you drove the length of a football field. Please don't text and drive.

Source: [nationaltoday.com/distracted-driving-awareness-month/](https://nationaltoday.com/distracted-driving-awareness-month/)

---

[LarryHelms.com](https://LarryHelms.com) - Our Team can find the right solution for you!

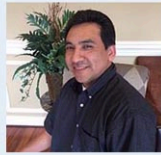
**Beth Atkinson**



**Commercial Lines  
Account Manager**

☎ 704-893-2793 ext 313

**Pedro Blancas**



**Producer**

☎ 704-893-2793 ext 310

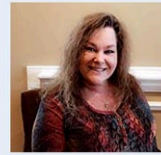
**Teri Bunch**



**Producer**

☎ 704-893-2793 ext 301

**Crystal Hartis**



**Commercial Lines  
Account Manager**

☎ 704-893-2793

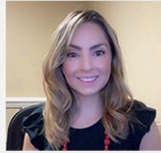
**Carol Huff**



**Producer**

☎ 704-893-2793 ext 320

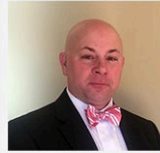
**Catherine Hoyo Mu**



**Producer**

☎ 704-893-2793 ext 309

**Paul Kaperonis**



**Producer**

☎ 704-893-2793 ext 308

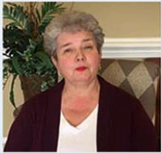
**Karen Loughery**



**Personal Lines  
Account Manager**

☎ 704-893-2793 ext 314

**Lettie Palmer**



**Commercial Lines  
Account Manager**

☎ 704-893-2793 ext 302

**Meredith Privette**



**Commercial Lines  
Account Manager**

☎ 704-893-2793

**Robert Ross**



**Producer**

☎ 704-893-2793 ext 304

**Dolores Serrano**



**Commercial Lines  
Account Manager**

☎ 704-893-2793 ext 306

**Jim Short**



**Commercial Lines  
Account Manager**

☎ 704-893-2793 ext 312

**Chris Webb**



**Producer**

☎ 704-893-2793 ext 305

**Larry S. Helms**  
& Associates  
INSURANCE SERVICES

Larry S. Helms & Associates Insurance Services  
4389 Indian Trail Fairview Rd., Suite 2, Indian Trail, NC 28079

**704.893.2793**

