

## Contact Us:

Larry S. Helms & Assoc  
Insurance Services  
704-893-2793  
LarryHelms.com

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

## Other Distractions

It's not ONLY texting or talking on the phone while you drive. It could also be ALL the other things distracting your attention.

Think about your car - the way YOU drive. How many of these questions fit you?

Passengers - Are you paying more attention to your passengers or kids than the road?

Grooming? - Are you putting on makeup or shaving while trying to drive?

Pets - Are your pets loose in the car or are they in your lap?

Loose "stuff" - Are you constantly reaching for something in a bag or purse sliding around on the floor?

Eating - Are you trying to eat a big messy burger with one hand while trying to find that french fry you just dropped between the seats?

Be honest with yourself. How many distractions are in YOUR own car?

Are YOU the distraction?

Visit [nsc.org](http://nsc.org) to learn more.

## Distracted Driving

Technology allows us to make phone calls, dictate texts or emails and update social media while driving – all actions that are proven to increase crash risk.



## What the experts are saying...

Last year, almost 500,000 people were injured and more than 3,000 people were killed by distracted drivers.

A moment of inattentiveness can cause an accident. AAA experts say, *"Drivers who take their eyes off the road for more than 2 seconds can double their risk of being in a crash."*

*"Talking on a hands-free phone increases the risk of crashing to the same degree as driving at the legal alcohol limit."* Jessa Engelberg of the University of California, San Diego.

AAA's president Robert L. Darbelnet warned, *"There is a looming public safety crisis ahead with the future proliferation of these in-vehicle technologies. It's time to consider limiting new and potentially dangerous mental distractions built into cars, particularly with the common public misperception that hands-free means risk-free."*

Said University of Utah psychology professor David Strayer, a top expert in distracted driving, *"The difference between a cellphone conversation and passenger conversation is that the passenger is in the vehicle and knows what the traffic conditions are like, and they help the driver by ... pointing out hazards."*

Information Sources: National Safety Council, Right at Home, AAA. Photo: [aaafoundation.org](http://aaafoundation.org)