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Ways to Reduce Distractions While Driving

Silence the phone. It's very tempting to respond to the text alerts, calls, and other notifications that sound off while you're driving, so reduce the urge by putting the phone on silent.

Map it out. Make sure you program the GPS before head to your destination. Use the voice function, so you don't need to look at the portable device or smart phone to know which direction to go.

Groom at home. Give yourself plenty of time in the morning to get ready, so you don't have to apply makeup or shave in the driver's seat.

Skip the drive through. Resist the temptation to eat or drink in the car. Not only could you spill something or burn yourself, but you won't save much time if you are working to hold a burger, soda, and trying to steer all at the same time.

Tips for Teen Drivers - Back to School

It's back-to-school time and many young, relatively inexperienced drivers are headed off to college or will be using the car to get to high school and other activities. Here are some tips that can help make them safer drivers:



Buckle up. It's the law and seat belts have been proven to save lives.

Hang up the phone. The risk of talking or texting while driving is high, especially for young people.

Slow down. Teens tend to have the need for speed due to their impulsive nature and poor judgment.

Don't drink and drive. Teens' risks are significantly higher due to the alcohol effects combined with their lack of driving experience.

Be prepared. Pack an emergency kit in your trunk. Items such as a flashlight, jumper cables, and first-aid kit are helpful to have just in case.

Limit night driving. Graduated driver licensing programs place limits on night driving and for good reason.

Watch the weather. It is even more dangerous for a young driver to be on the road due to their inexperience handling the car in those situations.

Limit passengers. Teens with passengers are more likely to take risks and be distracted, and when things go wrong, the tragedy is multiplied.