

# Emergency Preparedness – Distracted Driving Awareness Month April 2022



Distracted driving occurs any time you take your eyes off the road, hands off the wheel, and mind off your primary task: driving safely. Any non-driving activity you engage in is a potential distraction and increases your risk of being involved in a motor vehicle accident. Workers in many industries and occupations spend all or part of their workdays on the road.

**THE THREE TYPES OF DISTRACTED DRIVING AND HOW TO AVOID THEM**

 <b>VISUAL</b>	 <b>MANUAL</b>	 <b>COGNITIVE</b>
		
Keep your eyes on the road. Pull over to read directions. Put your phone in "Do Not Disturb" mode.	Keep your phone out of reach. Make all adjustments before driving. Don't reach for items while driving.	Avoid phone calls, even hands-free. Stay focused on the road. Keep your emotions in check.

The CDC has useful information about distracted driving and what can be done to prevent it. Educating our young drivers will help reduce the number of accidents that are a direct result of distracting driving. [For more information, please click here.](#)

## Safety Tips for a safe ride every time

- 1) Need to send a text, pull over and park your car in a safe location.
- 2) Designate your passenger as your "designated texter". Allow them access to your phone to respond to calls or messages.
- 3) Do not engage in social media scrolling or messaging while driving. Cell phone use can be habit-forming.
- 4) Do you struggle to not text and drive? Put the cell phone in the trunk, glove box, or back seat of the vehicle until you arrive at your destination.

April 6<sup>th</sup> is **National Walking Day** - National Walking Day is always on the first Wednesday of April. It is a day to celebrate the easiest way to be the healthiest version of you. Walking for thirty to sixty minutes per day has shown that it can drastically improve your health and even help prevent conditions such as Type II Diabetes, Cancer, and Heart Disease.



Please click here for more information – [American Heart Association](#)