

# Safety First....it's the right thing to do!



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## Distracted Driving

According to the VTRC (Virginia Transportation Research Council), distracted driving causes nearly 80% of all traffic accidents. The largest distractions behind the wheel are cell phones followed by drowsiness. We owe it to our families, other drivers, and ourselves to stay vigilant behind the wheel.

- Drowsiness is a significant problem that increases a driver's risk of having an accident by a factor of four. Early mornings, late nights, and afternoons are the largest risks
- The most common distraction for drivers is cell phones. Talking, texting, dialing, and checking Facebook are all reasons drivers are picking up their cell phones while driving
- Other factors that can cause distraction
  - Reaching for a moving object (9x)
  - Looking at an external object (3.7x)
  - Reading (3x)
  - Applying makeup (3x)

In Texas in 2015, there were over 500,000 vehicle accidents reported. November 7, 2000 was the last day Texas saw zero fatalities from traffic accidents.

**Remember, your family is counting on you!**

### Drive Defensively!

- Slow down!
- Check your mirrors often for hazards
- Keep the phone off or out of reach
- Secure loose objects
- Check the weather forecast
- Plan your trip before you leave
- Make stops as needed

**See it,  
own it!**

