



DISTRACTED DRIVING AWARENESS MONTH

Prioritizing safe driving behaviors

Distracted driving claimed 3,522 lives in the U.S. in 2023.



Store your phone out of sight

Texting takes your eyes, hands, and mind off the important job of driving safely.

Avoid taking calls or texting while driving.

Set your navigation before leaving

Entering information on your GPS while driving is unsafe and can cause a distraction.

Before hitting the road, review your route and set your navigation.

Pull over to eat or drink

Having food or a cup in your hand can take your focus off the road.

If you need to eat or drink while driving, pull over to a safe location for a break.