



Distracted Driving - Top 10



While we have all been guilty of distracted driving at some point or another, it remains a major cause of vehicle-related injuries and death. With an increasing number of teenage drivers on the road, it is important to discuss the dangers of driving while distracted, not only with them but other family members as well. Distracted driving is also important to the workforce.

The following are the Top 10 causes of distracted driving. You might be surprised at some of them.

1. Generally distracted or “lost in thought” (simply daydreaming)
2. Cell phone use (hands-free, texting, or searching/browsing)
3. Outside person, object or event (rubber necking, looking at pedestrians, billboards, etc...)
4. Other occupants (deep conversations with passenger that takes away your focus on driving)
5. Using a device brought into the vehicle (portable GPS, laptops, cameras, etc...)
6. Eating and drinking (we are all guilty of drive-thru ordering)
7. Adjusting audio or climate controls (channel surfing, trying to adjust vents on the other side of the vehicle while in motion)
8. Using devices or controls to operate the vehicle (trying to figure out certain vehicle controls while vehicle is in motion)
9. Moving objects (retrieving objects on floorboard, reaching to pick up something in the back seat)
10. Smoking (taking your eyes off the road while trying to light cigarette or trying to find a lighter)

In 2018, nearly 3,000 people were killed as a result of distracted driving and over 400,000 injured. Do not become one of these statistics.

Do your best to eliminate or reduce as many of the above distractions to decrease your chances of becoming involved in a vehicle accident as a result of being distracted.