



# Distracted Driving

is a major contributor to automobile crashes. Between 4,000 and 8,000 crashes related to distracted driving occur daily in the United States. In a year, they contribute to as many as one-half of the 6 million U.S. crashes reported annually.

Source: AAA



**How do you know when you are distracted?**

**How many of these things have happened to you?**

- A passenger in your car screamed or gasped because of something you did or didn't do.
- You ran a stop sign or red light unintentionally.
- You swerved suddenly to avoid an animal, a car, or another highway hazard.
- You slammed on your brakes because you didn't see the car in front of you stop.
- You didn't remember driving from one place to another.
- You drifted in your lane or into another lane of traffic.

These events are clues that you're distracted while driving. The next time you decide to read a road map or a work report, referee an argument, or even engage in an intense conversation on a cell phone or with occupants in the car, ask yourself this question: **WHO'S DRIVING?**

**Be Involved**  
**2009**

**National Safety  
Month**

**Use some common sense and help keep our roads  
safer for everyone.**

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