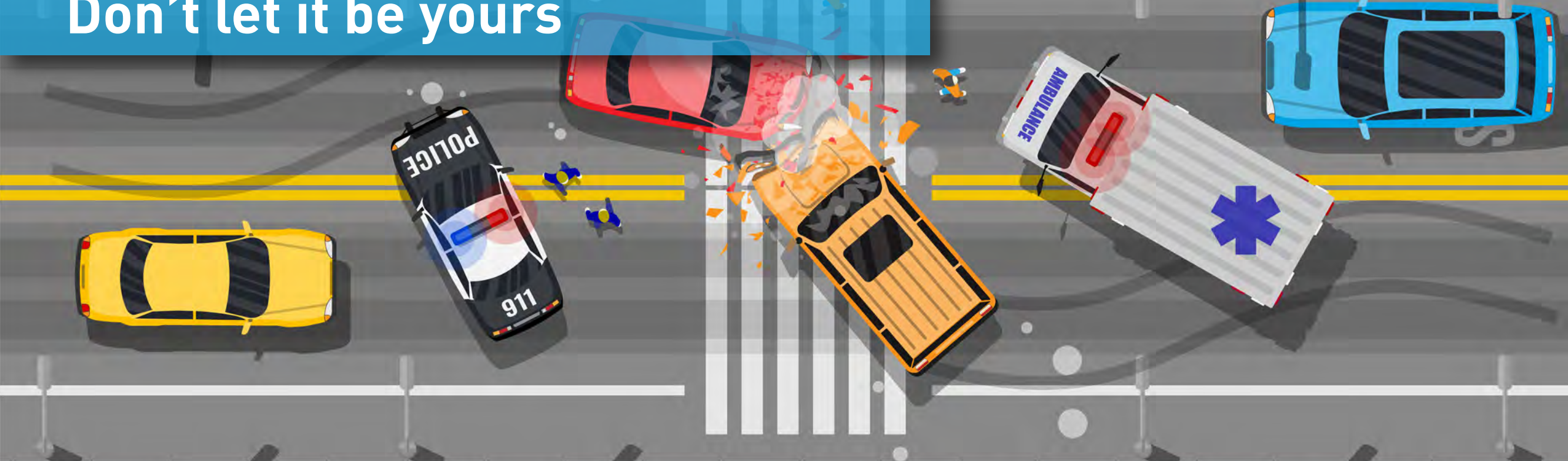




Anything that takes your attention away from the road is distracted driving

Traffic fatalities are on the rise. With a number of contributing factors, one cause stands out as easily avoided: distracted driving.

Driving distracted is a choice Don't let it be yours



According to the National Highway Traffic Safety Administration (NHTSA), distracted driving crashes in the U.S. killed 2,841 people and injured 400,000 in 2018

The CDC defines distracted driving as anything that takes your eyes off the road, your hands off the wheel or your mind off the task.

Driving distractions can be broken into three types:

VISUAL
Eyes on the road

COGNITIVE
Mind on driving

MANUAL
Hands on the wheel



Do your part to reverse the upward trend in traffic fatalities. Obey Hawaii's laws against using hand-held devices while driving.

You cannot drive safely unless the task of driving has your undivided attention



Distracted driving-cellphones: hands-free is not risk-free



For more information on preventing distracted driving, talk to your independent agent, or visit www.ficoh.com.

What can you do to prevent distracted driving?

- Use a seat belt at all times—driver and passenger(s).
- Be well-rested before driving.
- Avoid taking medications that make you drowsy.
- Set a realistic goal for the number of miles you can drive safely each day.
- If you are impaired by alcohol or any drug, do not drive.
- Avoid distractions, such as adjusting the radio or other controls, eating or drinking, and talking on the phone.
- Stop about every two hours for a break. Get out of the vehicle to stretch, take a walk, and get refreshed.
- Avoid aggressive driving by keeping your cool in traffic.
- Be patient and courteous to other drivers.
- Do not take other drivers' actions personally.
- Reduce your stress by planning your route ahead of time, allowing plenty of travel time, and avoiding crowded roadways and busy driving times.

Remember: You cannot drive safely unless the task of driving has your undivided attention. Driving distracted is a choice. Don't let it be yours.

Want to learn more or get more details? Visit our website.

ficoh.com

