

Prevent Distracted Driving and Save Lives

Distracted driving is a dangerous safety risk. Follow these tips to help keep everyone on the roads safe.

- 1 Put away the phone.**
 - DON'T text while driving. Texting causes drivers to drift out of their lane about 10 percent of the time.
 - DO put away your phone and any other electronic device to prevent temptation.
 - DO pull over to a safe location and park before talking on your phone.
 - DO consider an app that can prevent you from texting while driving and keep you safer on the road. Go [here](#) for more information.
- 2 Take care of distractions before driving.**
 - DO secure loose items so they don't roll around in the car while you're driving.
 - DO adjust the navigation system, seats, mirrors, climate controls and radio before leaving the driveway.
 - DON'T eat while in the car.
 - DON'T apply make-up, groom or dress in the car.
 - DO secure children into their seats and pets into their carriers before departing.
 - DO enlist the help of your passengers or safely pull off the road if another activity requires immediate attention.
- 3 Lead by example.**
 - DO lead by example so friends and family members can see your commitment to safety.
 - DO speak up and be a good passenger by reminding other drivers to follow these rules.
 - DO talk with younger drivers about the dangers of distracted driving. Make a family pledge where everyone commits to safe driving. Go [here](#) for additional tips and to print out a pledge for your family.

Staying off your phone and avoiding other distractions can help prevent accidents. Drivers with accident and violation-free records could save up to 20% on their auto rates with Grange. Contact your independent insurance agent for details.

For more information about distracted driving, view Grange's *Put it Away* video from their Insurance Made Simple video series [here](#).

Distracted Driving by the Numbers

More than

123%

crashes per year involve texting while driving.**

3,328

The number of people killed in distraction-affected crashes in the U.S. in 2012.*

28%

of vehicle crashes are caused by texting and cell phone use alone.**

4.6 seconds

The time a driver's eyes are off the road while sending or receiving a text – the equivalent of driving 55 mph, the length of an entire football field, blind.*



*Source: National Highway Traffic Safety Administration (NHTSA), U.S. Department of Transportation (DOT)

**Source: National Safety Council