

KEEP YOUR EYES ON THE ROAD

April 2015



How does one prevent distraction when driving as the phone is ringing, and you want to know the chance of rain for the day, and the sandwich beside you looks so tempting?

- 1.) Cell phone use- Turn your phone off or switch it to silent mode before you get into the car. If you need to use the phone, pull over somewhere safe.
Remember that even hands free devices can still cause you to miss visual and audio cues in preventing an accident. Stop the text!
- 2.) Drowsy- If you are drowsy, do not drive. Find a safe area to park and rest. Opening your window, increasing the volume on your radio or drinking caffeine will not help make you alert.
- 3.) Grooming- Finish dressing and personal grooming before you get into the car.
- 4.) Eating- If you can, eat meals and snacks before or after your trip.
- 5.) Teenagers- If your teenager is driving, make sure that you limit the number of passengers in the car. You want your teenager to be focused on the road and not the friends.
- 6.) Stop multitasking- Make sure that you have your music selection ready and GPS destination secured before you start your engine. Do not engage in any activities except for driving that take your mind and eyes off of the road.
- 7.) Secure kids/pets- Make sure that young children and infants are in secured car seats, and that your pet does not have free reign of the car. For their safety and yours, restrain or cage your pets in the car.
- 8.) Be safe and enjoy the ride!

Personal Health Partners
Navigating the Seasons of Life

The AAA cites distracted driving as a serious issue. Distracted driving or multitasking is when your complete focus is not on the task of driving; instead the focus is on texting, eating, putting on makeup or talking on the phone for work or personal use. Even though we are aware that we are putting not only our lives at risk but the lives of others, many of us still find it difficult to disconnect ourselves from technology and media. It's estimated that distracted driving contributes to 16% of all fatal crashes each year.

For any questions about your health,
please contact Personal Health Partners at
800-327-7272


LYTLE EAP PARTNERS
Navigating Work...Life...Health

