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Distracted driving is a dangerous habit. And it doesn't matter what the distraction is — taking your attention away from the road while driving can quickly turn disastrous. Even drivers who avoid using their handheld mobile phones while behind the wheel can be distracted by talking with their passengers, changing the radio station, adjusting the heat or A/C, or handing a juice box to a small child in the backseat.

It takes about 4 seconds to read a text. If you're driving at 55mph, you'll travel the length of a football field — a chilling fact when you consider how many things can happen unexpectedly in that distance, like traffic slowing suddenly or a pedestrian stepping into the road. According to the National Highway Traffic Safety Administration, there were over 3,300 deaths in 2022 from distracted driving.

Congress has named April Distracted Driving Awareness Month to attempt to curb the problem. Learn more about how to raise awareness of distracted driving and keep yourself and your family safer with these helpful tips.

F.O.C.U.S.! And Avoid Distracted Driving

Free up both hands for the steering wheel
Obey texting while driving laws
Check your phone before and after you driving, not during
Use your mind for driving, not daydreaming
Stay focused on your driving and the roadway

To Sum It Up

The human brain cannot handle two thinking tasks at the same time, such as driving and talking on the phone. Your brain toggles quickly between these two tasks. When driving, this can slow reaction time and cause crashes. Be safe by silencing your phone, programming your GPS and setting up your radio or music while you still are parked.

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