

## April is Distracted Driving Month

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When driving a motor vehicle, we often take for granted the sheer destruction possible if we drive unsafely. One of the greatest risks to driving is allowing yourself to be distracted, whether that distraction comes from the outside world or is provided by yourself—namely, by using your cell phone. Even if you use hands-free Bluetooth technology to talk while you drive, you are still missing as much as 50% of visual information in your driving environment according to research from the National Safety Council (NSC). Additionally, the NSC states that there are at least nine deaths and 100 injuries every day in the United States related to distracted driving.

### Here are some tips to keep yourself from being a distracted driver:

- Wear a seat belt, whether you're a passenger or the driver.
- Make sure you are well-rested and alert; don't drive drowsy.
- Never drive if you're impaired by alcohol or any other drug.
- Never drive while texting or using social media.
- Don't make or answer a phone call while driving; if you need to, then use hands-free Bluetooth.
- If using the GPS device on your phone, input your destination before you start driving.
- Refrain from constantly changing the station or volume on the radio while driving; wait for a red light or when you're parked.
- Drive defensively: be aware of any potential hazards on the road ahead of you and use your mirrors.
- Keep your eyes on the road, not on your dashboard. Limit changing stations on the radio.
- If your job requires you to drive for long periods of time, take a break every 2 hours to refresh.
- Don't get angry on the road: nothing good comes from acting on your emotions while driving.
- Be on the lookout for pedestrians, as they always have the right of way.



**Please, don't become one of these statistics: always practice safe driving!!**

Article submission by: Robert Burmeister



## Fire Safety IN A SECOND.....

As of April 1, 2019, state law mandates that all smoke detectors sold and used in New York be equipped with a sealed ten-year battery. For more information, please refer to [here](#).

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