



Preventing Distracted Driving

Distracted driving occurs whenever you engage in an activity behind the wheel that takes your attention away from the road. Such activities can include using your cellphone, eating, drinking, plugging information into your GPS or adjusting the radio.

Think distracted driving isn't a serious concern? Think again. According to the National Safety Council, more than 700 people are injured each day as a result of distracted driving crashes. Keep reading to learn what you can do to reduce potential distractions while you drive—keeping both yourself and others safe on the road.

- Avoid talking on your cellphone or texting while driving.
- Never touch up your makeup or hair in the rearview mirror.
- Limit your conversations with passengers and ask them to keep their voices down so you can concentrate on the road.
- Don't smoke while you are driving, as you will probably pay more attention to not burning yourself or putting out the cigarette than driving safely.
- Only adjust the radio when you are completely stopped.
- Never allow animals to sit on your lap while driving.
- Don't eat or drink while driving.
- Avoid reading maps or directions as you drive. Instead, pull into a parking lot to get your bearings and determine where you need to go next to reach your final destination.

Make the Road Your Sole Focus While Driving

Allowing yourself to become distracted while driving can lead to dangerous, and even fatal, consequences. Be a responsible motorist and make paying attention to the road your number one priority when you're behind the wheel.

For additional driving safety guidance and auto insurance solutions, contact us today.

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