

## Prevent Distracted Driving—Be Safe, Not Sorry

*Focus, practice and skill are needed to safely operate a vehicle. The number of fatalities in Nebraska resulting from distracted driving has more than doubled over the past ten years. The following reminders are offered:*

**Technology.** The majority of vehicles today include navigation systems or entertainment systems that add to potential distractions. Cell phone use is considered to be one of the top distractions while driving. A great deal of thought is required for a driver to use all of the available technology, while at the same time trying to focus on driving. Multiple uses of technology while driving could result in delayed braking, not seeing a traffic signal, pedestrian or other object, crossing the center line, or failing to maintain safe lane control.

### Before the car moves:

- **Plan your route**, and set your map or navigation technology before you depart. Don't touch it again until after reaching your destination.
- **Pick your tunes**, podcast, station or playlist, and set at a volume that allows you to focus on your driving.
- **Put away your phone**, other devices, food, make-up or anything else that might tempt you to take your hands off the wheel.
- **Pull over to a safe location if** a call must be made or answered; **if** a text cannot wait for a response, or **if** additional directions are needed. Keep in mind—it takes only 3 seconds to read a text, but it also takes only 3 seconds for a child to run into the street.

**Start sober.** Don't get behind the wheel while impaired — whether it's due to exhaustion, medicine, alcohol or recreational drugs. Drunk/impaired drivers are responsible for thousands of fatalities a year.

**Buckle Up.** Everyone. Unrestrained/unbuckled occupants make up nearly half of those killed in accidents. Be sure to use age appropriate and NHTSA-approved child car seats and booster seats.

### While on the road:

- **Obey speed limits**, and keep your eyes on the road.
- **Ask passengers to help you stay focused on everybody's safety. Passengers should speak up** if the driver gets distracted or drives unsafely.
- **Parents, your children will learn from your behavior.** Be the driver you want them to be.

### More Information

The Department of Insurance can be reached at 402-471-2201, or on its toll-free consumer hotline at 877-564-7323. Additional insurance-related information can also be found at [doi.nebraska.gov](http://doi.nebraska.gov).