

Keep the Road Code: Prevent Distracted Driving

Operating a vehicle is the most dangerous and potentially deadly activity we do every day. It takes focus, practice and skill to safely operate a vehicle. The many distractions drivers can face are often cited as the cause of more frequent, more costly and too often deadly accidents. Following are some guidelines from the National Association of Insurance Commissioners (NAIC) to help you safely get to your destination.

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.

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.

BUCKLE UP. Everyone. Unrestrained (unbuckled) occupants make up nearly half of those killed in accidents.

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.

Keep the **ROAD CODE – a commitment to focused, responsible driving.** Doing so will save lives and money.

WreckCheck App for Smartphones

In the course of your lifetime, an auto accident is bound to happen. When it does, take some of the guesswork out of a tense situation with the **NAIC's WreckCheck™**. This free mobile app for **iPhone®** and **Android®** smartphones outlines what to do immediately following an accident and walks users through a step-by-step process to create their own accident report. Don't have a smartphone? Download a **printable accident checklist** and other tips for staying calm, safe and smart on the road.

More Information

The Department of Insurance can be reached at 402-471-2201, or on its toll-free consumer hotline at 1-877-564-7323. Additional insurance-related information can also be found at **doi.nebraska.gov**.