Keep your eyes (and mind) on the road

What do you do on your drive to work? Here’s a typical scene: You stop at Starbucks on the way and you enjoy your morning espresso as you drive, you search the radio to find a station that will inform you of the day’s weather and maybe you even send a text or a quick email on your phone. All of these seemingly simple tasks qualify as distracted driving. Distracted driving comes in three forms—1. visual, taking your eyes off the road; 2. manual, taking your hands off the wheel; and 3. cognitive, taking your mind off driving. All three can put you and others on the road in danger.

According to the most recent statistics from the Centers for Disease Control and Prevention, more than 3,400 people were killed in motor vehicle crashes involving a distracted driver—the highest number in recent years. And we all know one of the biggest contributors to distracted-driving related accidents is texting while driving. Texting while driving is especially dangerous because it

combines all three types of distraction. In an effort to cut down on accidents, 46 states have enacted laws banning all drivers from texting while driving.

Consider turning off your phone or putting it on silent to cut down on potential distractions on the road. It also is a good idea to decide on a radio station before leaving the house in the morning and wait until you are at your desk before enjoying your morning caffeine.

Cutting out distractions and focusing on driving also could save you money. Be sure to speak with our agency about your driving habits—many auto-insurance carriers offer discounts for safe driving. If you have any questions about your auto insurance policy, give us a call. We are here to help you.