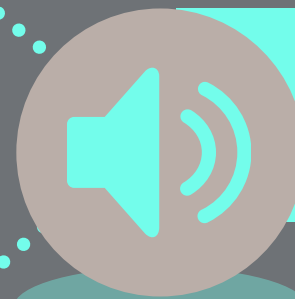


Top 10 Causes of DISTRACTED DRIVING

1 Eating and Drinking



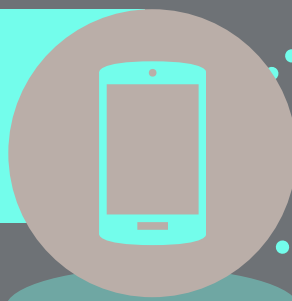
This is the number one distraction behind the wheel. Think twice; you can always have your meal when you arrive at your destination.



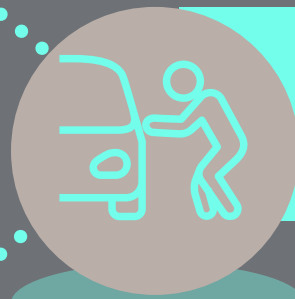
2 Music

Reaching over to turn up the volume, hitting skip so you can hear the next song, dancing and even singing can cause you to drive distracted.

3 Cell Phones



Experts recommend placing your phone out of reach and turning off the ringer so you aren't tempted. If you absolutely must reach out and talk to someone, pull over first.



4 Outside Distractions

Despite the temptation to look at what's going on outside, keep your eyes on the road ahead. You are putting others at risk, even if you slow down before you take a look.

5 Texting



Texting while driving, even using voice-to-text, is extremely dangerous. You can't keep both hands on the wheel, check your messages and reply to them while maintaining your focus on the road.



6 Seatbelts

If you forgot to secure your seatbelt before you pulled out of your driveway or parking space, you should always take a few moments to buckle it before you put your car in drive. Fumbling for it while you drive is distracting.

7 Fatigue



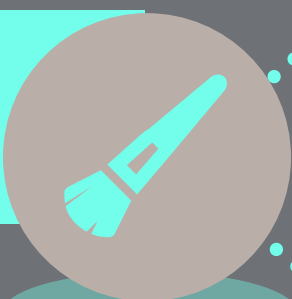
Being tired or falling asleep behind the wheel is a cause for distraction. If you haven't been getting enough sleep, chances are that you aren't awake enough to drive.



8 New Cars

If you don't take the time to learn the controls of your new vehicle or how it handles, you could very well be distracted. Familiarize yourself with your new car before you drive.

9 Makeup



If you wear makeup, put it on at home. It is impossible to put on makeup without taking your eyes off the road.



10 Social Media

Tweeting, Snapchatting, Instagramming, and updating your Facebook status is dangerous if you are doing it while driving. There is nothing that you are doing behind the wheel that everyone needs to know about. Save it for later.

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