



# Safety Share

## Distracted Driving

Transport Canada estimates that distraction contributes to 21% of fatal collisions and 27% of serious injury collisions. Distraction is often attributed to cellphone and device use. A few easy actions can reduce distracted driving and help save your life.

### To reduce distracted driving:

- Limit notifications while driving and activate auto-reply for incoming texts
- Download an app that silences calls and texts while your vehicle is in motion
- Store your device out of reach
- Keep your eyes on the road

### Signs of distracted driving in other motorists:

- Sudden braking
- Swerving between lanes
- Eyes not on the road
- Driver is not making eye contact
- Hands off the wheel
- Using a mobile device

