

April 15, 2019



www.ssoe.com

# "For Safety's Sake - Do Something"

SSOE GROUP IS A PROJECT DELIVERY FIRM FOR ARCHITECTURE, ENGINEERING, AND CONSTRUCTION MANAGEMENT.

## April is Distracted Driving Awareness Month

**Take the Pledge for  
Distracted Driving Awareness Month**  
[My pledge](#)



Distracted driving is **any** activity that diverts attention from driving; talking or texting on your phone, eating and drinking, talking to people in your vehicle, changing the radio station, loud music, grooming, young children in the back seat, watching a video - anything that takes your attention away from the task of safe driving. Police are on the lookout, especially this month, for distracted drivers.

Texting is the most alarming distraction. Sending or reading a text takes your eyes off the road for 5 seconds. At 55 mph, that's like driving the length of an entire football field with your eyes closed.

You cannot drive safely unless the task of driving has your full attention. Any non-driving activity you engage in is a potential distraction and increases your risk of an accident that could be fatal. At least nine Americans die and 100 are injured nationwide every day in distracted driving crashes, according to the National Safety Council.

### **When driving, let's prevent tragedies due to distracted driving.**

- Speak up when you are a passenger and your driver uses an electronic device while driving. Offer to make the call for the driver so his or her full attention stays on the driving task.
- Turn off electronic devices and put them out of reach before starting to drive.
- Be a good role model for young drivers and set a good example. Talk with your teens about responsible driving.
- Always wear your seat belt. Seat belts are the best defense against unsafe drivers.

**Safety all day.**

For more information visit: [National Distracted Driving Awareness Month](#)