

# Did You Know...

## DRIVERS WHO USE A MOBILE DEVICE WHILE DRIVING ARE FOUR TIMES MORE LIKELY TO BE IN A COLLISION

Most of us drive to and from work with our mobile devices within arm's reach. Whether it is a personal or work related call or text, it can be difficult to resist the urge to answer or take a look. However, every time you read a text or an email, you are taking your eyes off the road for at least **four seconds**.

Studies have shown that drivers who take their eyes off the road for more than **two seconds** are twice as likely to have a crash.

The best control is to completely eliminate the use of mobile devices while driving. You can help yourself resist the urge to look at your phone by shutting it down completely, silencing any audible notifications, or putting it in your glove box.

If you need your phone for GPS and mapping, make sure you add in the location before you start driving and put the phone in a holder so that you can see it while looking ahead.

