

SAFE DRIVING

Distracted driving is dangerous, claiming 2,841 lives in 2018 alone. Among those killed: 1,730 drivers, 605 passengers, 400 pedestrians and 77 bicyclists. NHTSA leads the national effort to save lives by preventing this dangerous behavior. Get the facts, get involved, and help us keep America's roads safe.

What Is Distracted Driving?

Distracted driving is any activity that diverts attention from driving, including talking or texting on your phone, eating and drinking, talking to people in your vehicle, fiddling with the stereo, entertainment or navigation system — anything that takes your attention away from the task of safe driving.

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 crashing.

Top Eight Driving Distractions

There's a lot that can distract a driver, but the most common distractions contributing to fatal accidents are:

1. Daydreaming
2. Using a cell phone
3. Looking at something outside the vehicle
4. Activities of passengers
5. Reaching for something on the dashboard, seat, or floor
6. Eating, drinking, or smoking
7. Changing the radio, climate control, or using a device in the car
8. Pets, insects, and objects moving inside the vehicle



As this list shows, almost all driving distractions are under the control of the driver and are avoidable.

How to Avoid Being Distracted While Driving

Whenever you drive, focus your attention on the road and the operation of your car. Insist that your passengers help you drive safely by instituting a "safety first" approach while you're behind the wheel.

Cell phones, even hands-free devices, are one of the [biggest driver distractions](#). Using a cell phone while driving is actually [against the law in many states](#). Set your phone to silent before you get in the car, and never text while driving. Pull over to a legal parking place if you need to use your phone for any reason.



Besides avoiding cell phones, the following tips can help you stay focused:

- Avoid eating, drinking, and smoking while driving.
- Pull over if you need something from the floor, dashboard, glove compartment, or another part of the car.
- Don't engage in sightseeing while you drive. Stop your car in a safe place if you want to look around.
- Adjust climate controls, radio, and other infotainment systems before you start driving, or pull over to make adjustments, or ask a front-seat passenger to assist you.
- Require passengers to keep their seat belts on at all times and ask for their cooperation in helping you keep your attention on driving.
- Do not drive when you are upset, excited, or having other strong emotions or physical symptoms which could interfere with your concentration.
- Transport pets in pet carriers or have them secured safely in the rear of the car. Secure objects inside the vehicle so they do not roll around.

By avoiding distracted driving, you will significantly reduce your risk of having an accident.

A Summary of Texting and Driving Laws in California

California bans different activities related to phone use and applies to different age groups.

STATE LAW APPLICABLE TO ALL DRIVERS

State law recently underwent an overhaul in the area of using wireless electronics while operating a motor vehicle, having been enacted in September 2016 with an effective date of January 1, 2017. **Section 23123.5 of the Vehicle Code** now provides:

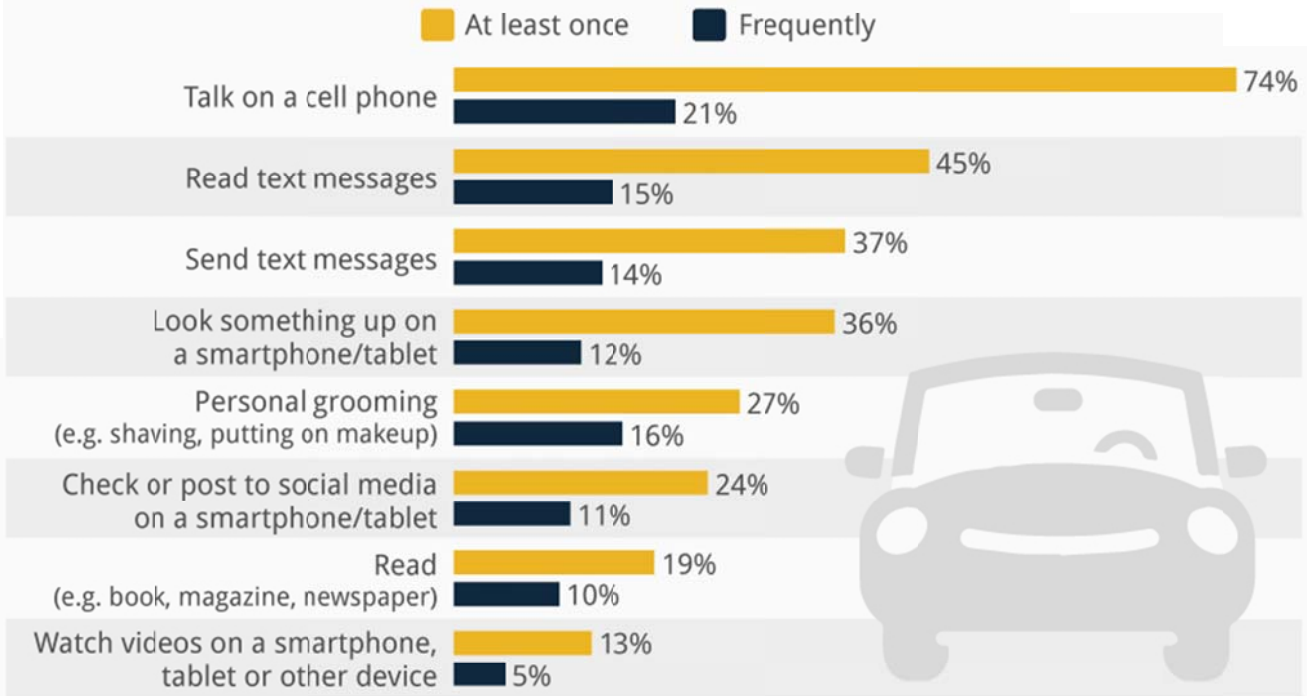
- A driver cannot hold and operate a smartphone unless the device allows and is configured for voice-operated, hands-free functioning – and it is actually being used as such while driving.
- In addition to the above, the driver can only operate the smartphone under certain conditions:
 - The device is mounted to the vehicle’s windshield, in similar fashion to a GPS unit, or is affixed to the dashboard or center console; and,
 - The driver is only required to single-swipe or click the smartphone to activate or deactivate its functions.

A violation of the provisions may result in a \$20 fine for the first offense, and \$50 for subsequent incidents. However, the costs for an offender may be much higher after accounting for court costs and attorneys’ fees. The law does not apply points to a person’s driving record in the same way as other moving violations.



Phones Are America's Driving Distraction No.1

% who have done each of the following once/frequently while driving



BCA Driving Policy Recommendations

1. All BCA mileage vehicle drivers are required to maintain a valid driver's license and vehicle insurance.
2. BCA requires that all staff follow California Vehicle code while driving.
3. At all times drivers are prohibited from using a hand held phone while driving
4. At all times drivers are encouraged not to driving while eating or drinking
5. Drivers are encouraged to safely pull over their vehicle to use their cell phone even when it is hands-free or voice operated.