

Granby Nurses' Technology Tips- Distracted Driving

Can you relate to any of these scenarios?

1. You are late getting to work and are driving faster than usual. Your cell phone rings and you see that it is your son who is calling. You decide to pick up the call. Your son forgot his cleats at home and asks if you can bring them to school. No sooner do you end the call, and then your office is calling.
2. Driving to the Holyoke Mall your children in the back seat begin to argue.
3. You are tired from a long day and the sun is in your eyes. Scanning the radio stations, you can't find a radio station that you like and practically bump into the car ahead of you.

We all get distracted. In fact there are 660,000 distracted drivers on the road at any one time. (Source: NOPS) And did you know that distracted driving crashes kill more than 5,000 people a year (Source: NTSB). One quarter of teen's text and drive (Source: UMTRI). Did you realize that using your phone while driving triples your risk of crashing? (Source: Virginia Tech Transportation Institute)

What can we do to help ourselves from getting less distracted?

1. **You know yourself well and what causes you to be distracted. What changes can you make to drive more safely?**
2. **Focusing on the road is most important.** Unexpected events will occur while driving. Multitasking, particularly with cell phones, greatly diminishes our ability to focus and be ready for any possible situation.
3. Place your cell phone in the back seat or in the trunk of the car.
4. Be a role model. The habits that you choose-positive/negative are seen and often copied.

We are fortunate. Next week, here at Granby, students who have a driver's permit or license can take part in 45 minute scenarios (Distractology by Arabella Insurance) that will provide them with practical/ real time examples of distracted driving and its implications. Students just need to come to the guidance suite to sign up.

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