



State of Utah

GARY R. HERBERT
Governor

SPENCER COX
Lieutenant Governor

Insurance Department

TODD E. KISER
Insurance Commissioner

For Immediate Release

August 30, 2018

Contact:

Steve Gooch, Public Information Officer

801-538-3803

sgooch@utah.gov

Develop Safe Habits to Avoid Distraction While Driving

When you take your focus off the road, you put yourself and others at risk

According to the National Highway Traffic Safety Administration (NHTSA), traffic fatalities increased by 6 percent from 2015 to 2016. Distracted driving, speeding, alcohol impairment, and unrestrained passengers were the main culprits.

"Distracted driving is dangerous and all too often results in property damage, injury, or death," said Utah Insurance Commissioner Todd E. Kiser. "Staying safe on the road starts with turning electronic devices off and focusing on driving while you're in the driver's seat."

The National Association of Insurance Commissioners (NAIC) provides these tips to help you stay safe behind the wheel:

- **Maintain your vehicle.** Get regular checkups and make sure your tires are properly inflated and the lights work.
- **Buckle up.** Using a seat belt is one of the most effective ways to save lives and reduce injuries after a crash. Yet thousands die each year as a result of being unrestrained.
- **Use smart driving positions.** Keep both hands on the steering wheel, and position them at 9 o'clock and 3 o'clock or 10 o'clock and 2 o'clock (depending on the size and style of your steering wheel).
- **Maintain speed limits.** Obey all speed limits and watch out for hazardous road conditions.
- **Follow the 3-second rule.** Keep 3 seconds of distance between your vehicle and the car in front of you. That space assures your ability to properly react if something happens.
- **Map out your route.** Know where you're going or program your app before you turn the key — doing so while driving can be a major distraction.
- **Pay attention to the road.** Limit your distractions, and never use electronic devices to text or surf the web while driving. Drunk or drug-impaired driving, speeding, and drowsy driving are dangerous. Take the ["Keep the Road Code"](#) pledge to be a focused, responsible driver.

Please note: Agency hours are 8am-5pm, Monday-Friday.

WreckCheck App for Smartphones

Auto accidents happen to most people in the course of a lifetime. When it does, take some of the guesswork out of a tense situation with the [NAIC's WreckCheck™](#). This free mobile app for iPhone® and Android® smartphones outlines what to do immediately following an accident and walks users through a step-by-step process to create their own accident report.

If you don't have a smartphone you can [download a printable accident checklist](#) and other tips for staying calm, safe and smart on the road.

0 0 0

The Utah Insurance Department is a State agency. Its mandate is to regulate insurance marketed and sold in Utah. Currently more than 95,000 agents, agencies, and insurers are licensed; domestic insurers are audited to verify financial stability and compliance with insurance laws; administrative action is taken against licensees found to be in violation of insurance laws; calls from consumers with questions or complaints are taken; and licensees and consumers are educated regarding insurance. For more information visit <http://www.insurance.utah.gov> or call toll free in-state at 1-800-439-3805 or locally at 801-538-3077.