



The Driver: Tips to Reduce Auto Accidents

In 2020, the United States and Canada had fewer vehicles on the road, but the decrease in miles driven did not correlate to fewer accidents. The National Safety Council (NSC) reports that even with an 11% decrease in miles driven, vehicle accident-related deaths in the U.S. rose 8.3%, which is attributed in part to an increase in risky driving behaviors such as non-restrained occupants (14%), speeding (17%) and alcohol-impaired crashes (14%)¹.

While the reason behind this increase is still unknown, it remains the responsibility of every driver to ensure their own safety and the safety of others.

Follow the Law

30 Seconds to Prep

Leverage Vehicle Systems

Store Your Smart Phone

Designate Responsibilities



Maintain appropriate speeds and follow lane markings and traffic signs and signals.

Excessive speeding and other risky driving behaviors may not only result in a traffic violation, but also increase your chances of being involved in an auto accident.

Do not bypass built-in vehicle safety systems such as seat-belt signals and brake alarms.

Do not get behind the wheel if you are under the influence of alcohol or drugs.

Take 30 seconds to run through a list of possible distractions before you leave.

Set the radio to your favorite station and adjust the volume so you can hear outside noises such as sirens.

Make last-minute calls or text messages, then place your phone in an area where you will not be tempted to reach for it, such as the trunk or glove box.

Many newer vehicles have built-in safety features. Take a few seconds to verify that these systems are turned on.

Often, infotainment and telematics systems have monitors in place to alert others or emergency responders in the event of an incident.

Work with your employer or the provider of the telematics system equipped in the vehicle to improve your driver behaviors. You may not recognize late braking, but these systems will.

Cell phone use while driving is prohibited in many states and Canadian provinces.

Regardless of your state or local laws, put your phone down, even when stopped at lights.

Use the Do Not Disturb function on your smart phone and opt for automatic responses while you drive.

Designate responsibilities when passengers are in the car.

Consider assigning the front passenger the duty of monitoring for navigation changes and environmental hazards.

Make sure all passengers are properly buckled and acknowledge that your role is to safely get everyone to the destination, not change the radio station, moderate conversations, make phone calls or adjust vehicle settings.

¹ <https://injuryfacts.nsc.org/motor-vehicle/overview/impact-of-recessions/>