

Distracted driving takes place everyday. It can be caused by many different things. It may be a major distraction such as another person in the back seat like your son or daughter that is upset due to the fact that you didn't stop at McDonald's. Your child might be having a fit and yelling "go back". As the driver you are trying to calm your child down and pay attention to driving and getting home safe. It could be caused by something so simple such as adjusting your heat in your car on a cold winter day. Both of these examples are when your mind is not under the influence of any type of drugs or alcohol. When under the influence your judgement is hurt and it can lead to deadly consequences. Whatever is taking place inside or outside of your car as a good driver you need to understand that you are in control of it so drive safe and keep your eyes on the road.

Before you start your drive make sure you and your car is in good health. There are many accidents each year due to the fact that the driver is not focused on driving. Driving upset or mad is not a good idea because your mind is focused on other things besides what it really should be which is the road. Upset or mad driving is not the only way how you can have your mind on different things besides the road. There are many different ways to have your mind on different things besides the road. A major example of this is driving under the influence of alcohol.

Alcohol is a very serious topic. It is the cause of the deaths of many people daily. When first consumed alcohol may give the drinker a certain energy and "buzz". Soon, however its true nature as a depressant takes over, causing the central nervous system to slow down. This is known as Intoxication. Which is physical and mental impairment resulting from the use of alcohol and can range from an inability to walk to unconsciousness. The amount of alcohol needed for intoxication varies from person to person and because alcohol impairs judgment

driving a car when under its influence can have deadly consequences. As result you should never drive under the influence.

There are many ways to help prevent distracted driving. The easiest way to prevent distracted driving is to not drive at all. This way you will not have to worry about the other cars and trucks on the road. However people need to get from A to B and in order to do this is to drive. People need to understand that distractions happen all the time while driving. They my not be happening inside or outside of your car but instead they are taking place in your mind. On your drive home from work you may be thinking about what happened in work or what your plans are for tonight. Drivers need to understand the consequences if they don't pay attention to their driving. They need to understand that they are responsible for the lives in the car and the other vehicles around them. Because you are responsible for many lives you should never drive when your mind is not focused on driving.