

## Tips On How To Avoid Distractions When On The Road

*Porter Law Firm gives advice to drivers on ways to avoid a car accident*

MEMPHIS, TENNESSEE ([PRWEB](#)) February 18, 2016 -- Distracted drivers are becoming a rising epidemic with an increase of a younger generation using technology while trying to stay focused on the road. According to the Accident Data Center, in Memphis alone, car accidents caused more injury, death, and economic loss than any other crime or civic issue. No matter your experience, being distracted if just for a second could cause a deadly accident. Driving distractions are broken down to three categories: manual, visual, and cognitive.

1. Visual distractions occur when your eyes aren't focused on your surroundings. An example could be doing your make up while driving, checking your GPS for directions, changing the radio station, and using your phone. To avoid a visual distraction, turn your phone off to keep you from being tempted to check it and pull over to read directions or have them set in your GPS before heading out.
2. Manual distractions force you to take one or both hands off of the wheel. It could range from eating and drinking to searching for items in your car. To avoid this, make sure to eat or drink before or after driving and keep your phone, purse and most items out of reach to avoid grabbing for them.
3. A cognitive distraction causes your mind to shift while driving. Some examples would be talking to another passenger, talking on the phone, road rage, and being under the influence of alcohol or drugs. To avoid distractions, limit the amount of passengers in your vehicle and avoid phone calls.

Not being a distracted driver means keeping your eyes on the road, pulling over when needed, using your passengers for tasks, keeping calm, staying off your phone, and making sure everything is set up before you start driving. Being mindful of all these types of distractions is key to being a safe driver on the road.

### About The Porter Law Firm, PLLC

Personal injury lawyer Matthew Porter, who practices primarily in Memphis, Tennessee, leads The Porter Law Firm. The firm's areas of representation include victims of car accidents, motorcycle accidents and truck accidents in Tennessee. Personal injury cases are also an area of representation and include, slip and fall accidents, injury to children, the elderly or others due to negligence and medical malpractice, including wrongful death. Porter also includes in his practice areas product liability and denial of insurance benefits. Porter is a member of the American Association for Justice, the Tennessee Association for Justice, the Million Dollar Advocates Forum, and the Multi-Million Dollar Advocates Forum. For more information visit <http://www.porterlawfirm.com>

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