

5 TIPS TO AVOID DISTRACTED DRIVING



● PUT YOUR PHONE AWAY

Silence your phone or use “Do Not Disturb” to avoid distractions while driving.

● SET UP NAVIGATION BEFORE DRIVING

Program your GPS before starting your drive and pull over to make adjustments if needed.

● LIMIT PASSENGER DISTRACTIONS

Keep conversations light, and ensure children and pets are securely fastened and have what they need.

● USE HANDS-FREE DEVICES

Use Bluetooth or built-in systems for calls, but be aware that they can still be distracting.

● TAKE BREAKS

On long trips, take regular breaks to rest and avoid fatigue-related distractions.



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RYAN E. GATTI

ATTORNEY AT LAW

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MEET JACOB

Jacob Rhymes, born and raised in Haughton, Louisiana, is currently pursuing his Juris Doctor (J.D.) and a Certificate in Taxation at Loyola University New Orleans College of Law, with an expected graduation in May 2025.



He earned his Bachelor of Arts in Political Science from Louisiana Tech University in 2021.

In June 2024, Jacob joined our law firm as a legal intern, where he applies his academic knowledge

practically and contributes to our firm's success. Outside of his professional life, Jacob is a proud father to a goldendoodle named Wasco, an avid traveler, a self-proclaimed foodie, and an aspiring professional pickleball player. He values quality time with family and friends, reflecting his well-rounded character and commitment to excellence. We are thrilled to have Jacob on our team and anticipate his continued growth and contributions.



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THE ALARMING IMPACT OF

DISTRACTED DRIVING

At the Law Office of Ryan E. Gatti, most calls about car accidents involve distracted driving, particularly from texting or social media use.

Out of the last 100 calls, 89 were related to distracted driving, with severe cases such as a commercial truck driver watching a movie during a crash resulting in traumatic injuries.



CRASH RISKS INCREASE

23X

WHEN USING YOUR PHONE

Distractions can be categorized into three main types: visual (taking eyes off the road), manual (taking hands off the wheel), and cognitive (taking mind off driving). Activities such as texting, using a smartphone, eating, adjusting music or navigation systems, and talking to passengers all contribute to distracted driving.

The use of mobile phones, particularly for texting or browsing social media, diverts attention from the road and significantly increases the risk of accidents. According to a study by Zendrive, in 2021, drivers used their phones during 9% of all trips. This behavior increases the risk of accidents significantly, as it involves all three types of distractions.

Young drivers are particularly susceptible to distracted driving. According to the CDC, in 2019, 8% of drivers aged 15-19 years involved in fatal crashes were reported as distracted at the time of the crash. This age group also has the highest proportion of drivers who were distracted at the time of a fatal crash.

Drunk driving is another major concern, often causing violent crashes due to red-light running or crossing the center line. In 2020, drunk driving led to 11,654 deaths, or 30% of all traffic-related fatalities in the U.S., with one person dying every 45 minutes.

Additionally, in 2022, about 289,310 people were injured in crashes involving distracted drivers, with nine deaths daily due to such incidents. These statistics underscore the critical need for heightened awareness and preventive measures against distracted and drunk driving.

The impact can be devastating, not only causing injuries but also leading to fatalities that could otherwise be preventable with greater awareness and adherence to safe driving practices.



9 PEOPLE ARE KILLED EVERY DAY IN DISTRACTED DRIVING ACCIDENTS

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DISTRACTED
DRIVING ON OUR
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