DISTRACTED DRIVING
ARE YOU A SAFE DRIVER?

What is Distracted Driving?

Distracted driving occurs anytime you take your eyes off the road, hands off the wheel or your mind off of driving. Any non-driving activity you engage in while behind the wheel is a potential distraction, whether you are moving in traffic or waiting at a stop light

Did You Know

- In 2012, 3,328 people were killed in crashes due to distracted driving.
- 421,000 people were injured in motor vehicle crashes due to distracted driving.
  National Highway Traffic Safety Administration

Distracted driving causes crashes that can take lives and cause permanent injuries such as brain and spinal cord injuries. It can ruin lives – for the persons injured and their families, as well as for the distracted driver who caused the crash. When you cause a crash because you were distracted, you bear many burdens such as traffic violations, lawsuits, insurance claims and their financial costs.

Texting is the most dangerous distraction

- Texting involves manual, visual and cognitive distraction at the same time.
- Sending or reading a text typically takes your eyes off the road for 4.6 seconds. At 55 mph, that's like driving the length of a football field – blindfolded.

What Can You Do?

- Put your phone away every time you drive; you may want to mute it to avoid the temptation to check calls
- If you need to check or use your phone, wait for a safe place to pull off the road.
- Adjust navigation devices before driving. Use devices with audio directions to avoid looking at the screen.
- Adjust music to a low level before driving.
- Don't get distracted by billboards or other outside distractions.
- Keep conversations with passengers to a minimum, don't be afraid to let your passengers know you need to concentrate.
- If you are a passenger, don't let your driver be distracted.

Driver Distractions
- **Texting, including reading a text**
- **Talking on the phone**
- **Eating, drinking or smoking**
- **Talking to passengers**
- **Grooming**
- **Adjusting the radio or music player**
- **Outside distractions such as billboards**