



Distracted Driving

DISTRACTED IS DANGEROUS



Using a cell phone, eating and drinking, talking to passengers, using a GPS, adjusting a radio or mp3 player, smoking, etc. can have unintended consequences.

All distractions endanger driver, passenger and bystander safety.

Protect lives by driving undistracted, be a good passenger and speak out if the driver is distracted, encourage friends and family to drive undistracted.

- ◆ Distracted driving is the number one killer of teens in America.
- ◆ 80% of crashes are related to driver inattention.
- ◆ Headset cell phone use is not substantially safer than hand-held use.
- ◆ In the US, at any given moment approximately 660,000 drivers are using cellphones or manipulating electronic devices while driving.

TXTING & DRVNG KLLS

- ◆ Text messaging is by far the most dangerous distraction because it takes your eyes, hand and attention off the road.
- ◆ The National Safety Council says that at least 26 percent of vehicle crashes are caused by texting and cell phone use.
- ◆ 44 states currently ban text messaging for all drivers.
- ◆ Just three seconds of texting while driving at 65 mph is equal to driving 100 yards, or the length of a football field, blindfolded.
- ◆ Text messaging creates a crash risk 23 times worse than driving while not distracted.

Drowsy Driving

Just like drugs or alcohol, sleepiness slows reaction time, decreases awareness, and impairs judgment.

- 60% of adult drivers say they have driven a vehicle while feeling drowsy in the past year.
- 37% of drivers admitted to falling asleep at the wheel at some point in their driving career.
- Studies show that being awake for more than 20 hours results in impairment equal to a blood alcohol concentration of 0.08%.
- When signs of fatigue begin to show, get off the road. Take a nap in a well-lit area. Do not simply stop on the side of the road.

