

# THE DANGERS OF DISTRACTED DRIVING

PEOPLE FIRST

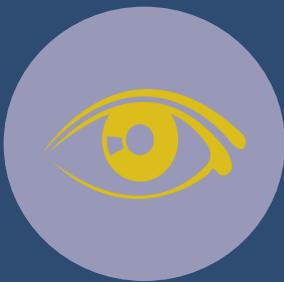
SAFETY ALWAYS

Distracted driving is **any activity** that could divert a person's attention away from the primary task of driving. Everyday in the US, **15 people die** and another **1,200 get injured** in car crashes that involve a distracted driver.

Distracted driving is the number **1 killer of American teens**. 55% of young adult drivers say it is easy to text and pay attention to driving at the same time. 48% of young drivers say they have seen one or both of their parents using a cell phone (without a hands-free device) while driving.

Cell phone use while driving **delays a driver's reaction** as much as having a blood alcohol concentration at the legal limit.

## THERE ARE 3 MAIN TYPES OF *distraction*



*visual*

taking your eyes off the road



*manual*

taking your hands off the wheel



*cognitive*

taking your mind off what you are doing

## POTENTIAL DISTRACTIONS WHILE DRIVING

- Cellphones
- Eating & Drinking
- GPS
- Talking to Passengers
- Grooming
- Reading (even maps)
- Adjusting Radio
- Sleepiness



NONE OF THESE ARE SAFE PRACTICES.