

What is distracted driving?

Distracted driving is any activity that could divert your attention away from the primary task of driving, including:

- Adjusting a radio, CD player, or MP3 player
- Using a navigation system
- Talking to passengers
- Eating and drinking
- Watching a video
- Grooming
- Reading

One of the most dangerous distractions?

Texting or talking on a hand-held cell phone involves **three** different types of distraction simultaneously:

- **Visual**
Taking your eyes off the road
- **Manual**
Taking your hands off the wheel
- **Cognitive**
Taking your mind off driving



Did you know?

- Writing or reading a text message takes your eyes off the road for an average of 5 seconds. At 55 MPH, that's like driving the length of a football field – **blindfolded**.
- If you text while you're behind the wheel, you're **20 times** more likely to be involved in a crash than a non-distracted driver.
- According to a 2014 special article in the New England Journal of Medicine, the risk of a crash or near-crash among novice drivers increased with the performance of many secondary tasks, including, texting and dialing cell phones.

What is at stake?

- In 2014, 3,179 people were killed and an estimated 431,000 were injured in motor vehicle crashes involving a distracted driver.
- **Young people are especially at risk:** Ten percent of all drivers 15 to 19 years old involved in fatal crashes were reported as distracted at the time of the crashes. This age group has the largest proportion of drivers who were distracted at the time of the crashes.

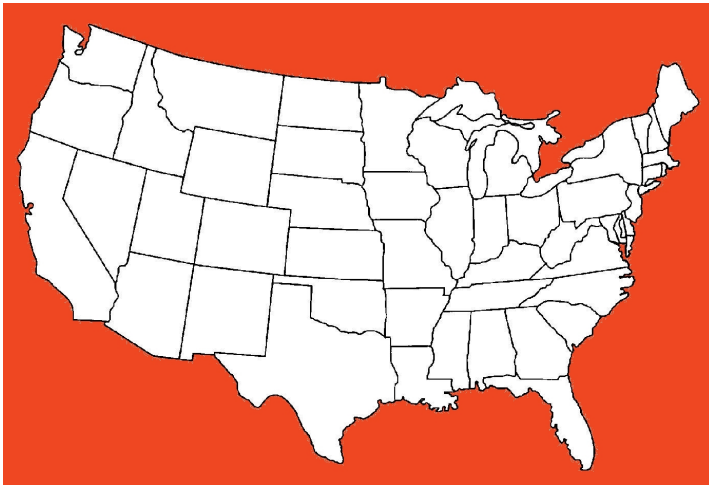
What is being done?

The U.S. Department of Transportation is leading the fight to end distracted driving through a combination of:

- Tough laws
- Strong enforcement
- Increased public awareness



What are states doing?

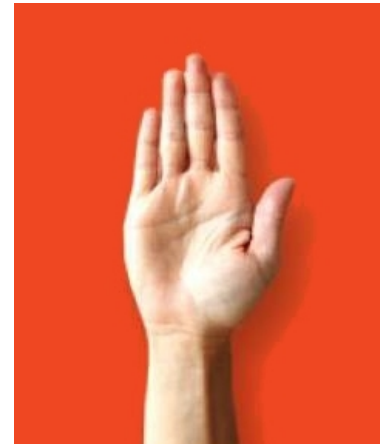


46 states, the District of Columbia, Puerto Rico, Guam, and the U.S. Virgin Islands **ban text messaging** for all drivers.

14 states, the District of Columbia, Puerto Rico, Guam and the U.S. Virgin Islands, **prohibit hand-held cell phone use** by all drivers.

What can I do?

- Make a pledge to protect lives by **never texting or talking** on the phone while driving.
- Be a good passenger and **speak up** if the driver in your car is distracted.
- **Spread the word** to your family and friends about the dangers of distracted driving.



Need more information?

Visit www.distraction.gov to get more facts, take the pledge, and download materials to run your own distracted driving campaign.

