

DISTRACTED DRIVING

ONE TEXT OR CALL
COULD **WRECK** IT ALL



FOCUS ON THE **DRIVE**
ARRIVE **ALIVE**

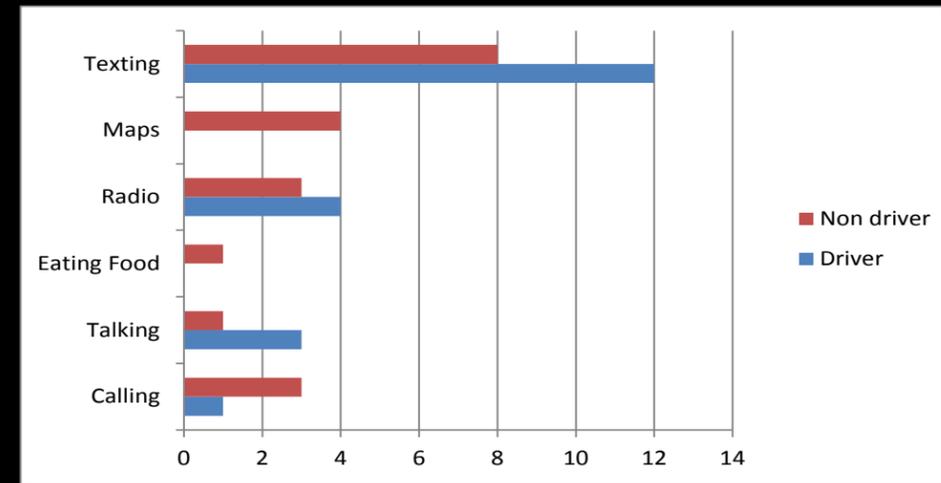
PUT A TO DISTRACTED DRIVING

There are four types of distracted driving: visual, manual, auditory and cognitive. Most distractions involve more than one of these types of distractions. Such as texting: holding your phone, pressing in the keys, looking at your phone, and thinking about the conversation your having over the phone. When you text while driving you are 23 times more likely to get in a crash.

Distractions are almost to numerous to count. Some distractions cannot be controlled. Some have no affect on crash risk. Drivers do not have to keep their hands on the wheel, eyes on the road, and their attention competely focused on driving at all times. We are human. Being distracted is an inevitable consequence of being human. A lot of distracted driving cannot be eliminated. The key is to eliminate those distractions that increase your crash risk substantially.

Some distractions, such as texting, take the drivers attention away from driving for longer periods of time and more frequently than others. Younger, less experienced drivers, may be at an increased risk when driving. They have the largest quantity of distraction related crashes. Many of these crashes are linked to texting while driving. Almost half of the high school students in the U.S. ages 16 and older, text or email while driving. Texting while driving has been linked to drinking and driving. Students who text while driving are five times more likely to drink and drive, and more likely to ride with with a drinking driver than those who don't.

Distracted driving is a huge problem in the United States. It is estimated that 23% of all car accidents each year involve cell phone uses. That around 1.3 million crashes. Around 4,000 people are killed each year in distrated driving accidents and 408,000 people are injured. Texting while driving kills 11 teens each day. As technology progresses more people will be using phones, texting. This will lead to more distracted driving incidents unless we start doing something about it.



This is a graph that is based on what distracts drivers and non-drivers. We surveyed high school juniors and seniors. We asked people what distracts them in a car. We took the top six distractions. From there we asked what distracted them the most out of the six we picked.

This graph is based on 40 people's choices. There are 20 drivers and 20 non-drivers. This helped us find out that **texting is the most common disraction while in a car.**

Joe Teater, age 12

On January 19, 2004, Judy Teater and her 12-year-old son Joe were driving to an after school activity when a young woman behind the wheel of a Hummer and talking on her cell phone ran a red light and slammed into their vehicle. Joe died the next day from his injuries.

Scan to learn more about distracted driving.



TIPS ON KEEPING FOCUS ON THE ROAD

1. Turn your phone off.
2. Don't blast music.
3. Pull over to answer texts or calls.
4. Keep your eyes on the road
5. Be an example.
6. Eat and apply makeup before you drive.
7. Take care of any distractions before or after.
8. Limit interaction with passengers.
9. Keep both hands on the wheel.
10. Share the driving responsibilities on long trips.

**KEEP FOCUS
AND STAY SAFE!**



Looked down for two seconds

A reminder for you and your family.

Remind your family and friends that distracted driving is wrong. One text, radio switch, or call could ruin an entire life and damage a family forever.