

Distracted Driving

The National Highway Traffic Distracted driving is fast becoming one of the country's biggest health concerns. As more and more drivers text while on the road, distracted driving crashes are steadily increasing year over year. In fact, the Center for Disease Control and Prevention estimates that **9 people are killed every day in the U.S.** as a result of crashes involving a distracted driver. However, distracted driving doesn't just mean texting and driving. You are distracted ANY TIME your mind and/or your eyes are off the road.

TYPES OF DISTRACTIONS

- Visual: eyes off the road
- Manual: hands off the wheel
- Cognitive: mind off the task of driving

STEPS TO AVOID DISTRACTED DRIVING:

Prior to getting behind the wheel:

- Get enough sleep and stay well-rested before your trip
- Adjust mirrors, seats, and air features
- Plan and familiarize your route
- Pre-program directions into navigation system
- Turn OFF cell phone
- If a phone call is necessary, pull to the side of the road or a parking lot

While operating a vehicle:

- Avoid using hands-free devices – conversations can still lead to a cognitive distraction
- Do not program navigation or the radio while driving
- Do not reach for items in the car
- Stay focused on driving – while you are practicing good driving techniques, other drivers may not. Be aware of pedestrians, cyclists, and other motorists that may require you to react quickly!

When you send a text, you **take your eyes off the road for about 5 seconds**. That's the time it takes to **drive the length of a football field going 55 MPH!** (U.S. Department of Transportation).

