

Attention Distracted Drivers!

April is National Distracted Driving Month. How well do you focus on ONLY driving? This includes not texting, eating, or applying makeup.

Distracted Driving: An activity that could divert a person's attention away from the primary task of driving.

All distractions endanger the driver and passenger safety. It also endangers bystander and pedestrian safety!

In today's age of technology, most people think of distracted driving as simply texting and driving. There are so many other ways to be distracted! Some examples of distracted driving:

- Texting
- Using a cell phone
- Eating
- Drinking
- Talking to passengers
- Grooming
- Watching a video
- Reading maps
- Using a GPS
- Adjusting the radio, CD player, or iPod

Even though there are many forms of distracted driving, texting is the most alarming! Texting requires visual, manual, and cognitive attention.



Some frightening facts:

- 10% of drivers ages 16-20 involved in fatal crashes were reported as distracted at the time of the crash.
- Drivers in their 20's make up 27% of the distracted drivers in fatal crashes
- At any moment, approximately 660,000 drivers in America are using their cell phones or other device while driving.
- Using your phone while driving increases your risk of getting into a car crash by 3 times!
- An average text takes your eyes off of the road for 5 seconds. If you are traveling 55 miles per hour, you could travel the length of a football field in 5 seconds!
- 25% of teens admit to responding to a text once or more every time they drive. These only account for teens that are honest.
- 20% of teens admit they have extended, multi-message text conversations while they are driving.
- 10% of adults admit that they have extended, multi-message text conversations while driving.

It is a misconceived notion that a headset cell phone is substantially safer than a regular hand-held cell phone.

Many drivers participate in distracted driving because they have busy lifestyles, stressful jobs, and take part in important conversations. Remember to pay the closest attention to your driving for the sake of your own safety and the safety of your passengers, other drivers, and pedestrians!

Park the car, or park the phone. Choose one!