

Distracted Driving

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.

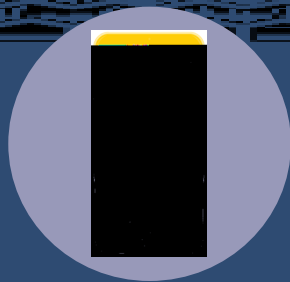
Distracted driving is the number **1 killer of American teens**. 55% of young adult drivers say it is easy to text and pay attention to driving at the same time. 48% of young drivers say they have seen one or both of their parents using a cell phone (without a hands-free device) while driving.

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

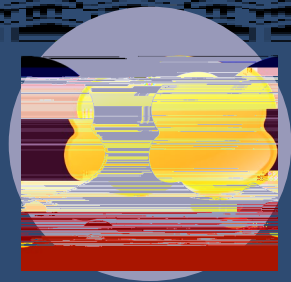
There are **3** main types of **distractions**



taking your eyes off the road



taking your hands off the wheel



taking your mind off what you are doing

Potential Distractions While Driving

Cellphones

Texting

GPS

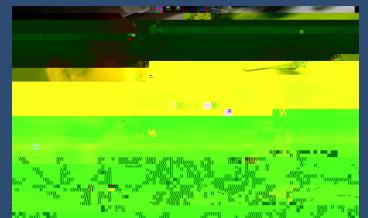
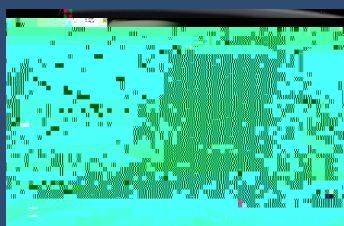
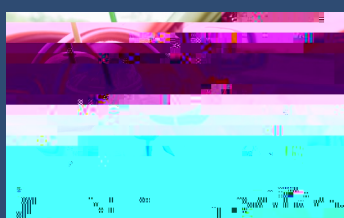
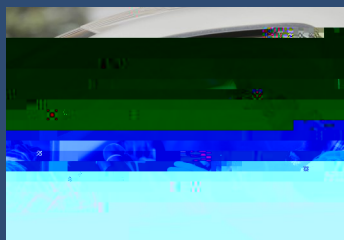
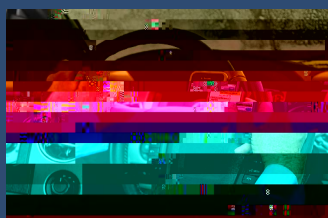
Talking to Passengers

Radio

Adjusting Radio

Adjusting Radio

Sleepiness



None of these are safe practices.