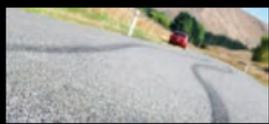


# Driving While (DWD) Distracted

Every time you get behind the wheel you are faced with a truckload of distractions: the radio, your passengers, your cellphone, the fast food lunch you just bought. All of these distractions can result in disaster when you take your eyes off the road and your hands off the wheel.



## What is it?

Any activity that takes a driver's attention away from driving...

## Types of Distraction

### manual

taking hands off of the wheel



### visual

taking eyes off of the road



### cognitive

taking mind off of driving



## Distracted Driving Kills

Each day there are 1,000 injuries and 9 deaths in crashes where drivers were distracted.

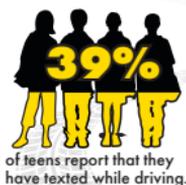
Over 1.6 million crashes each year involve distracted drivers.

By 2030, distracted driving is projected to become the 4th leading cause of death in the US.

**Nearly 1 in 5 crashes results from distracted driving.**



## Texting-The Perfect Distraction



Texting takes a driver's eyes off the road for an average of 4.6 seconds.



At 55 mph it's like driving the length of a football field with your eyes closed.

**48 states** have laws banning texting and driving.

**36 states** ban phone use specifically for young drivers.

**Texting while driving increases the risk of getting into an accident by 6-9 times!**

## Prevent and Protect

When driving, turn off the phone or place it on silent in the glove box.

Create a message to tell people you're driving.

Pick a good playlist, podcast, or radio station and leave it on.

Pull over to a safe area to text or make a call.

Ask passengers to make calls or get directions.

Be prepared - review maps and directions before leaving.

Don't let pets ride unrestricted.

Refrain from eating, drinking, smoking, reading, etc.

If there is anything that prevents you from paying attention to the task of driving, pull over! There's no room behind the wheel for anything but driving.

# Get the MSG: When Driving... Drive!