

## Resources

- **Automobile Club of Southern California:** [aaa.com](http://aaa.com)
- **Distraction.Gov:** [distraction.gov](http://distraction.gov)
- **Federal Communications Commission:** [fcc.gov/cgb/driving.html](http://fcc.gov/cgb/driving.html)
- **Focus Driven:** [focusdriven.org/index.aspx](http://focusdriven.org/index.aspx)
- **Geico Insurance:** [geico.com/information/safety/auto/teendriving/distracted-driving](http://geico.com/information/safety/auto/teendriving/distracted-driving)
- **Kohl's Cares:** [kohlscorporation.com/communityrelations/community01.htm](http://kohlscorporation.com/communityrelations/community01.htm)
- **National Safety Council:** [nsc.org/safety\\_road/Distracted\\_Driving/Pages/distracted\\_driving.aspx](http://nsc.org/safety_road/Distracted_Driving/Pages/distracted_driving.aspx)
- **Nationwide Insurance:** [nationwide.com/newsroom/dwd-facts-figures.jsp](http://nationwide.com/newsroom/dwd-facts-figures.jsp)
- **The Oprah Show:** [oprah.com/oprahshow/End-Distracted-Driving](http://oprah.com/oprahshow/End-Distracted-Driving)

# Distracted Driving



For more information on the MCHLB Safety Coalition visit [MillerChildrens.org/families/safety-coalition](http://MillerChildrens.org/families/safety-coalition)

# Distracted Driving

Distracted driving is any non-driving activities that drivers engage in that can distract them from the primary task of driving and increase the risk of crashing.

**There are three types of driving distractions:**



## Cognitive Distractions

Focusing your mind on something other than driving



## Visual Distractions

Taking your eyes off of the road



## Manual Distractions

Removing one or both of your hands from the steering wheel

## Reducing Your Risk

The only way to reduce your risk of distracted driving is to remove distractions from your car. Undistracted drivers are able to focus on the road and other drivers better.

- Turn off the volume on your cell phone and place it out of your reach. Wait until you have finished driving to call someone back.
- Do not put your makeup on, brush your hair or shave while you are in the car.
- Try to avoid eating while you are in the car.
- Do not check any e-mail or read anything during your drive.
- Do not text and drive.

# What's Your Risk?



- Drivers who use hand held cell phones **are four times as likely to get into crashes** serious enough to injure themselves. Drivers who text **are eight times as likely** to get into crashes.
- **Brain activity used while driving decreases by 40%** when a driver actively listens to conversation or music.
- **Young drivers are even more at risk.** They're not only less experienced drivers, but they are more likely to use electronic devices.
- **More than 80% of drivers admit to blatantly hazardous behavior**, including changing clothes, steering with a foot, painting nails and shaving.
- **Eighty percent of all crashes and 65% of near crashes** involve some type of inattention or distraction.
- **More than 5,000 people died in 2009 in crashes** involving a distracted driver and nearly half a million were injured.