



# *Cell Phones & Distracted Driving*

**The Growing Epidemic of Cell  
Phone Use While Driving**



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# *Distracted Driving Course*

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- Welcome
- Housekeeping
- Introductions

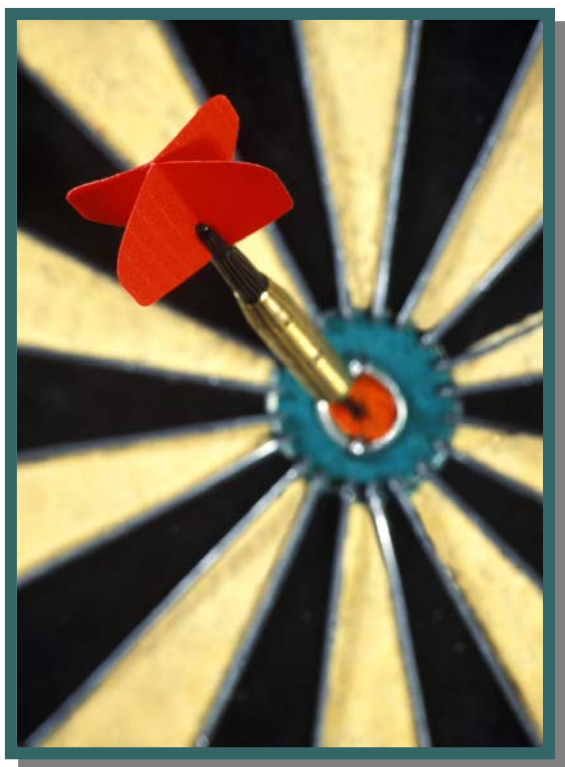




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## *Course Objectives*

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- Define the term “distracted.”
- Understand the risk of using cell phones while driving.
- Identify tips to prevent distracted driving.
- Explain why using a cell phone while driving is a distraction.
- Know your state laws regarding cell phone use and text messaging.



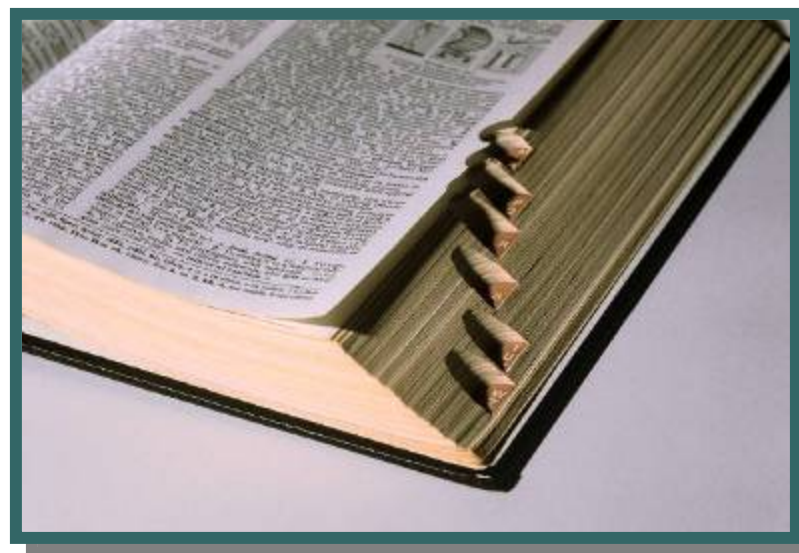
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## *Definition: Distracted*

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dis-tract-ed  
(dī-strāk'-tīd)  
adjective

1. Having the attention divided.
2. Rendered incapable of behaving, reacting, etc., in a normal manner.





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## *Driving Distractions*



- Passenger-related
- Vehicle-related
- Wireless devices
- Eating
- Smoking
- Daydreaming
- Looking at distractions outside the vehicle
- Personal hygiene



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## *Driving Distractions*

- Three types:
- Visual
  - Eyes on road
- Cognitive
  - Mind on driving
- Manual
  - Hands on wheel





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## *Risks of Distraction*

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- 80% of crashes
- 65% of near-crashes
- Cell phones No. 1 distraction



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## *Risks of Distraction*

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- Doubles rear-end collision risk
- Slows reaction time
- Miss traffic signals, signs and exits
- Miss half the information in driving environment – “look” but not “see”
- Increases traffic violations
- Increases risk of injury crash four times



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## *True or False?*

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**Distracted driving  
is a form of  
aggressive driving.**



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## *Self Assessment*

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- **46 to 50: Focused Driver**
  - You consider others when you drive.
  - You consciously drive to be safe and keep others safe.
  
- **36 to 45: Common Driver**
  - A little more focus on safety and total control of your vehicle could help you and other drivers.



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## *Self Assessment*

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- **26 to 35: Risky Driver**
  - You multitask while driving.
  - You are distracted and at risk for mistakes while driving in this manner.
- **25 or less: Hazardous Driver**
  - Your driving is placing you, your passengers, other drivers and pedestrians at risk.



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## *How to Stay Safe*

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What can you do to reduce your risk of crashes and injuries?



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## *Frequently Asked Questions*

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Does cell phone use while driving cause traffic crashes?



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## *Frequently Asked Questions*

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Is it safe to use a hands-free cell phone (headset, speakerphone, or other device) while driving?



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## *Frequently Asked Questions*

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Is talking on a cell phone any worse than having a conversation with a passenger in the car?



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## *Frequently Asked Questions*

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In an emergency, should I use my cell phone while driving?



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## *Frequently Asked Questions*

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What do the studies say about the relative risk of cell phone use when compared to other activities like eating or drinking?



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## *Assumption 1*

“The genie is out of the bottle.” Potentially distracting devices have invaded the driver’s domain so pervasively that attempts to control them now are impossible or ill-advised.





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## *Assumption 2*

Eating fast food, applying cosmetics, and other in-car distractions also present risks, so why are we not worrying about them?





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## *Assumption 3*

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Hands-free equipment lessens or eliminates driver distraction.





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## *Assumption 4*

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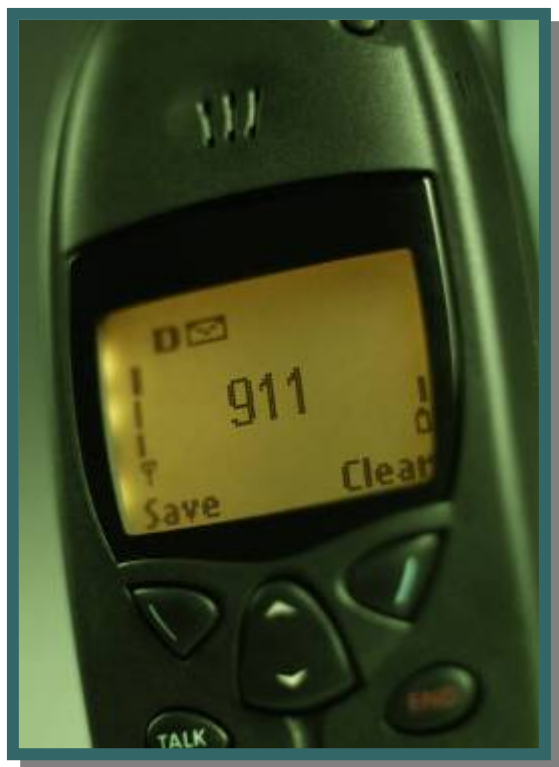
Existing laws are adequate to deter drivers from the inappropriate use of distracting devices.



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## *Assumption 5*

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Cell phones contribute to highway safety because they let people contact law enforcement and emergency services immediately, reducing response time.

# *State Laws & Municipal Ordinances*

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What is your state law?

What are laws of nearby states where you may drive?

What cities have passed ordinances in your state?



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## *Course Summary*

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