

**Check out these links for more information on distracted driving:**

- ➔ Distraction.Gov: <http://www.distraction.gov/>
- ➔ National Safety Council: [http://www.nsc.org/safety\\_road/Distracted\\_Driving/Pages/distracted\\_driving.aspx](http://www.nsc.org/safety_road/Distracted_Driving/Pages/distracted_driving.aspx)
- ➔ The Oprah Show: <http://www.oprah.com/oprahshow/End-Distracted-Driving>
- ➔ Nationwide Insurance: <http://www.nationwide.com/newsroom/dwd-facts-figures.jsp>
- ➔ Geico Insurance: <http://www.geico.com/information/safety/auto/teendriving/distracted-driving/>
- ➔ Focus Driven: <http://www.focusdriven.org/index.aspx>
- ➔ Federal Communications Commission: <http://www.fcc.gov/cgb/driving.html>

For more information about the EMSC Program or the American Trauma Society, visit: <http://www.childrensnational.org/EMSC> or <http://www.amtrauma.org/>, respectively.



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NATIONAL TRAUMA  
AWARENESS MONTH  
MAY 2010



**DRIVING  
WHILE  
DISTRACTED**



## STATISTICS

**Drivers who use hand-held cell phones are four times as likely to get into crashes serious enough to injure themselves. (Insurance Institute for Highway Safety)**

**Eighty percent of all crashes and 65 percent of near crashes involve some type of distraction. (Virginia Tech 100-Car Study for the National Highway Traffic Safety Administration)**

**Brain activity used while driving decreases by 40% when a driver listens to conversation or music. (Center for Cognitive Brain Imaging at Carnegie Mellon University)**

**More than 80% of drivers admit to blatantly hazardous behavior: changing clothes, steering with a foot, painting nails, and shaving. (Nationwide Mutual Insurance)**

**Nearly 6,000 people died in 2008 in crashes involving a distracted driver and more than a million were injured. (NHTSA)**

**The worst offenders are the youngest and least-experienced drivers: men and women younger than 20 years of age. (NHTSA)**

### What is distracted driving?

According to Distraction.gov, distracted driving is defined as “any non-driving activity a person engages in that has the potential to distract him or her from the primary task of driving and increase the risk of crashing.”

Distractions can be categorized as one of the following: visual, manual, and cognitive.



Visual distracted driving: taking your eyes off of the road.



Manual distracted driving: taking your hands off of the steering wheel.



Cognitive distracted driving: taking your mind off of driving.

### How do I reduce my risk of distraction?

Undistracted driving is the safest method of driving. When drivers are undistracted, they are able to focus on the roadway and are aware of behaviors of other drivers on the road. These drivers stay focused, pay attention, and expect the unexpected.

- ➔ Put your cell phone on silent and out of reach. If someone calls, call them back when you safely reach your destination.
- ➔ Put your makeup on before you leave the house or at your destination. Don't brush or comb your hair or shave while driving. When you're on the road, keep your eyes on the road.
- ➔ Avoid eating while driving.
- ➔ Do not read a book or check your email in the car.