

# Driven to Distraction



## *Why are we concerned about distracted driving?*

Each year 500,000 people are injured and another 6000 are killed by drivers who were distracted, even for a few seconds. Texting and cell phone use are leading causes ...but not the only ones.

## *What are the main types of distraction?*

- Taking your eyes off the road
- Taking your hands off the wheel
- Taking your mind off what you are doing

## *What poses the greatest risks?*

- **Hand held devices.** Drivers who use cell phones, mp3 players and other devices are four times more likely to get into a crash.
- **Being young.** Drivers younger than 20 have the highest rate of deadly accidents due to distracted driving, but they are not alone.

## *How can I be a safer driver?*

- Don't text or use your cell phone, even a hands-free device.
- Don't apply makeup, comb your hair, or perform other grooming activities while in the driver's seat.
- Adjust car controls (seat, mirrors, radio) before starting the car.
- Know your route or have a passenger read the map or directions.
- Don't pick up items from the floor, open your glove compartment, or clean the windows while driving.
- **Never** drive while sleepy.

*For more information go to:* [www.distraction.gov/index.html](http://www.distraction.gov/index.html)

## *Health Whys*

A public health message from

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