

The Dangers of Distracted Driving

Handout

Distracted Driving—Get the Facts



Using a cellphone or mobile device while driving **delays reaction time** as much as having a blood alcohol concentration at the legal limit of .08 percent.

Drivers who send and receive text messages take their **eyes off the road** for an average of **4.6 seconds out of every 6 seconds** while texting.

At 55 miles per hour, that means the driver is traveling the **length of a football field** without looking at the road.

Drivers who text while driving are **20 times** more likely to get into an accident than nondistracted drivers.

There are **three main types of distraction**: visual (taking your eyes off the road), manual (taking your hands off the wheel), cognitive (taking your mind off your driving). **Texting while driving involves all three.**

Stay safe and avoid distractions behind the wheel