

## April is Distracted Driving Awareness Month

The four types of distractions are **Visual** – looking at something other than the road. **Auditory** – hearing something not related to driving. **Manual** – manipulating something other than the steering wheel. And **Cognitive** – thinking about something other than driving.

### FIVE FACTS YOU SHOULD KNOW BEFORE TEXTING AND DRIVING

#### 1. You're at a huge risk

Text messaging increases the risk of crash or near-crash by 23 times.

#### 2. Teens are at a huge risk

The fatal crash rate for teens is 3 times greater than for drivers age 20 and over

#### 3. Teens are not better at texting

Driver distraction is responsible for more than 58% of teen crashes.

#### 4. Most people are hazards

Over 80% of drivers admit to blatantly hazardous behavior while driving, such as changing clothes, steering with a foot, painting nails, or even shaving.

#### 5. 5 seconds is a long time

Sending or reading a text message takes your eyes off the road for about 5 seconds, long enough to cover a football field while driving at 55 mph.

Each day in the United States, approximately **nine** people are killed and more than 1,000 injured in crashes that are reported to involve a distracted driver.

### WHY DISTRACTED DRIVER AWARENESS MONTH IS IMPORTANT

**1. TEXTING AND SWERVING-** People who text and drive, statistically spend 10% of their time on the road, outside their lane. Yikes!

**2. IT'S ILLEGAL-** 43 of America's 50 states have laws prohibiting texting and driving. South Dakota, New Mexico, Mississippi, Texas, Oklahoma, and Missouri have laws regulating it. Arizona just extended their reckless driving laws to cover texting.

**3. TEXTING IS WORSE THAN DRUNK DRIVING-** Texters are six times more likely to wreck their car than drivers over the legal drinking limit. How horrifying is that? Answer: Very.

Drive responsibly and wait to make that phone call or text until after you have finished driving. You could unintentionally kill someone else or even yourself!

