Stay Focused on the Road
Distracted driving is a factor in 80% of all motor vehicle crashes in the United States, of which 18% resulted in injury. Drivers may become distracted by many things when on the road, but cell phones are the biggest problem. Drivers talking or texting on their phones contribute to thousands of motor vehicle crash deaths each year.

Types of Distractions
Distractions may cause drivers to take their eyes off the road, take their hands off the wheel or take their mind off what they are doing. Each is dangerous. Examples of driving distractions include:
- Talking on a cell phone
- Texting
- Eating and drinking
- Talking to passengers
- Grooming (putting on makeup or brushing hair)
- Reading, including maps
- Using a PDA or navigation system
- Watching a video
- Changing the radio station, CD or Mp3 player

Distracted Driving = Less Safe
- One third of all drivers feel less safe on the road today than they did five years ago. Many of those drivers said distracted driving was a main reason for that feeling.
- In 2010, 3,092 people in the United States died in crashes involving a distracted driver. That same year, more than 416,000 people were injured.

Prevent Crashes
- Turn off cell phones or wait to check your messages until you are parked.
- Adjust the air conditioning or heat and radio while parked.
- Don’t let your passengers distract you.

Know the Law!
It is illegal for:
- Any driver to text while driving,
- Any driver to use a cell phone in a school zone or construction zone,
- Teen drivers ages 14 - 17 to use a cell phone for any purpose other than an emergency,
- Bus drivers to use a cell phone for any purpose other than an emergency, and
- Young adult drivers ages 18 - 20 to talk on a cell phone unless they are using a hands-free device.