



TEXTING AND DISTRACTED DRIVING

“DISTRACTED DRIVING”

is anything that takes a driver's attention off the road.



IN 2015, DISTRACTED DRIVING WAS A FACTOR IN:

OVER **45,000** FLORIDA ACCIDENTS



WHICH CAUSED OVER **39,000** INJURIES



And **214** fatalities. (1)

3 TYPES OF DISTRACTION:



VISUAL: TAKING YOUR EYES OFF THE ROAD.



MANUAL: TAKING YOUR HANDS OFF THE WHEEL.



COGNITIVE: TAKING YOUR MIND OFF DRIVING.



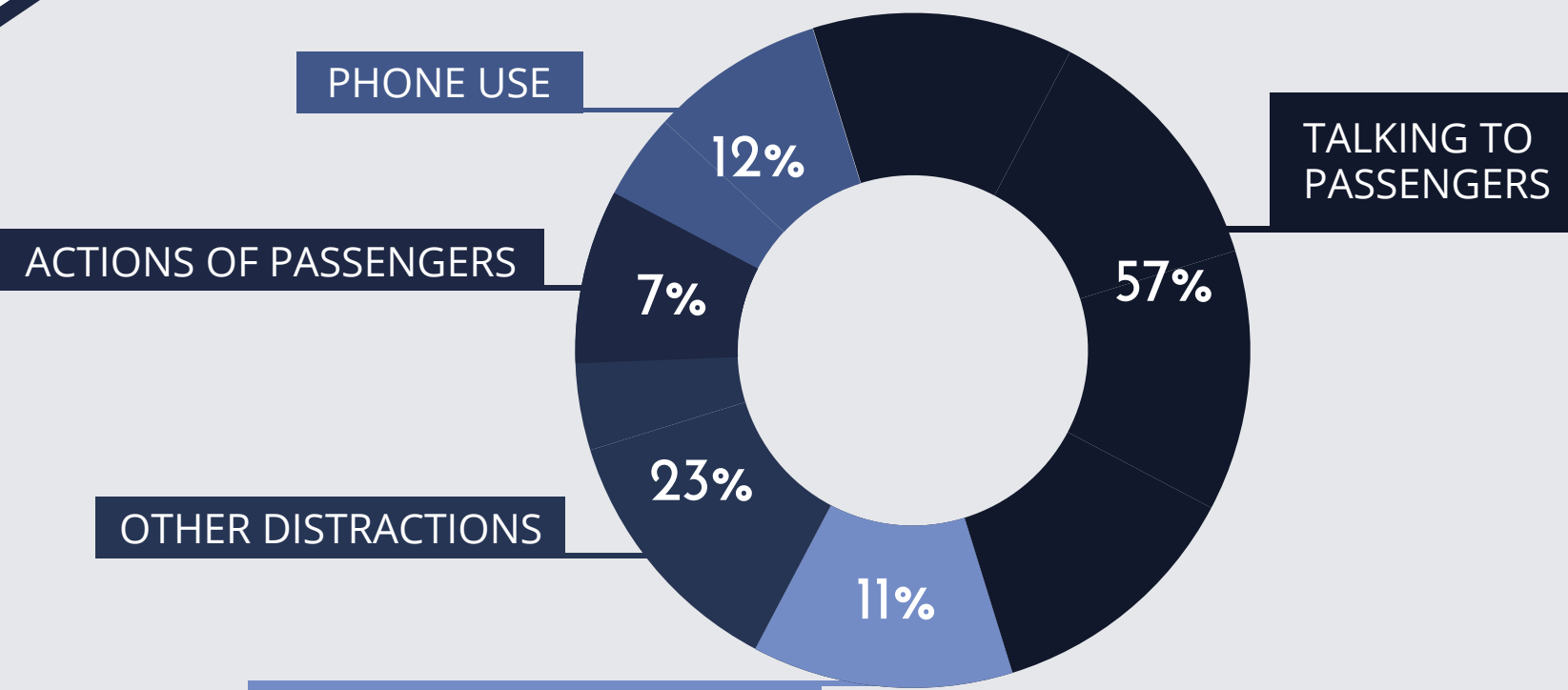
WHILE TALKING ON A CELL PHONE, YOU HAVE:

- 1 Smaller field of view
- 2 Less ability to process moving images
- 3 Slower reaction time

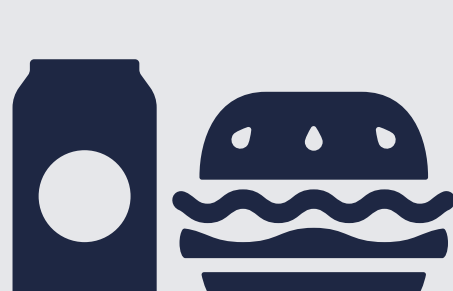
Regardless of whether your hands are on the wheel or not! (3)



HOWEVER, THE MOST COMMON CAUSE OF DISTRACTED DRIVING ACCIDENTS IS:



OTHER TYPES OF DISTRACTIONS INCLUDE:



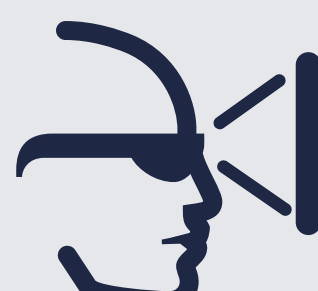
EATING OR DRINKING



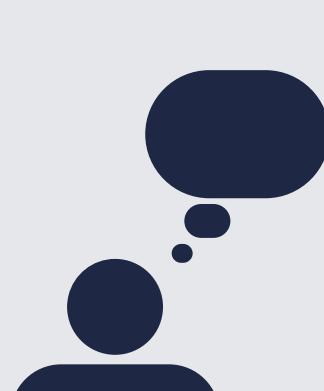
ADJUSTING THE RADIO



PERSONAL GROOMING



RUBBERNECKING



DAYDREAMING

IN SHORT, KEEP YOUR EYES ON THE ROAD, YOUR HANDS

ON THE WHEEL, AND YOUR MIND ON DRIVING.

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Sources: <http://wfla.com/2016/04/19/distracted-driving-claiming-almost-one-life-a-day-in-florida/>, <https://www.flhsmv.gov/safety-center/driving-safety/distracted-driving/>, <http://www.nsc.org/learn/NSC-Initiatives/Pages/distracted-driving-hands-free-is-not-risk-free-infographic.aspx>, <https://www.washingtonpost.com/news/wnk/wp/2016/06/23/there-are-more-dangerous-things-to-do-while-driving-than-using-your-phone/>