

put  down
it

NHTSA

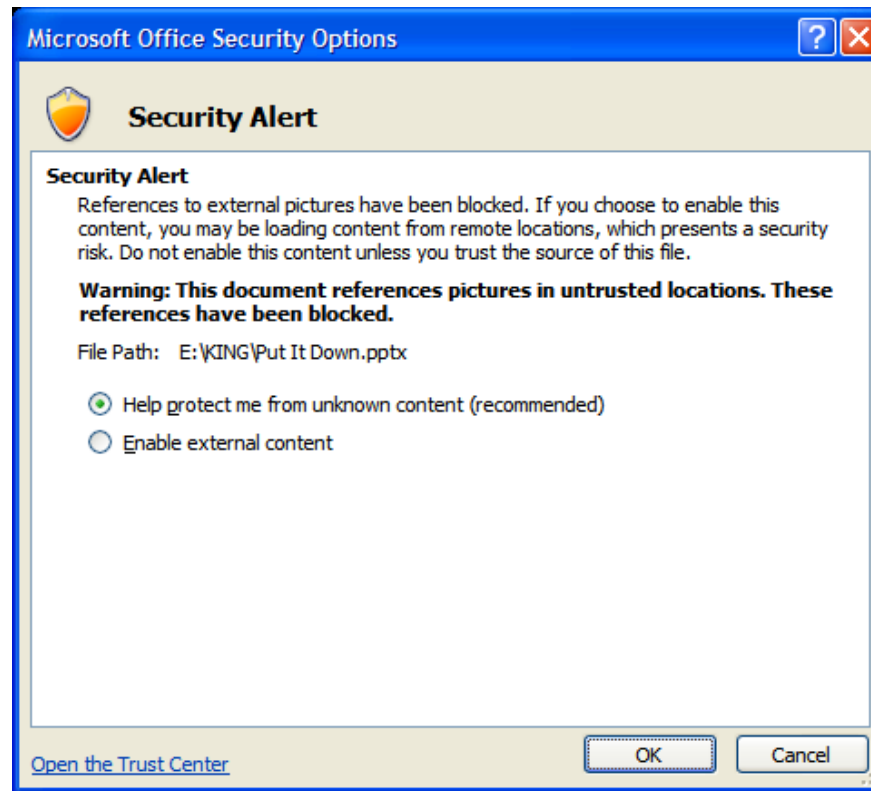
National Highway Traffic Safety Association

www.nhtsa.gov

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LEARN THE FACTS



- 18% of driver-caused crashes were due to distracted driving.
- Drivers who used hand-held devices while driving are four times as likely to get into crashes serious enough to injure themselves or others.

What is Distracted Driving?

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 what you're doing

While all distraction can endanger a driver's safety, texting is the most alarming, because it involves all three types of distraction.

Other Distracting Activities

- Using a cell phone
- Eating and drinking
- Talking to passengers
- Grooming
- Reading (including maps)
- Using a PDA or navigation system
- Watching a video
- Changing the radio station, CD, or Mp3 player

Why Do People Do It?

- Busy lifestyles.
- Stressful jobs.
- Presence of children and pets in the car.
- Many use a cell phone, iPhone, BlackBerry as their main form of communication. They forget to put it down when they should be paying attention to driving.

If You Think It's OK to Text and Drive

Watch this story:

- <http://www.youtube.com/watch?v=oymnC-tM79o>

What Can You Do?

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Like the campaign against drunk driving, efforts to combat distracted driving are aimed at preventing accidents and saving lives.

Take this test to check your driving behavior:

- http://www.trafficsafety.org/dsww2010/materials/dsww2010-rate_your_risk.pdf

User name: drivesafe

Password: dsww2010

(NOTE: You might be prompted to enter the user name and password twice before you're able to view the file. Please be patient!)

Washington State Law

- Talking or sending text messages while holding a wireless device carries a \$124 fine.
- Legislation passed in 2010 changed cell phone law into a **primary traffic offense**: If police see you holding your phone, they can pull you over and ticket you.
- Drivers must use hands-free devices.
- New drivers with instruction permits or intermediate licenses aren't permitted to use wireless devices at all, except in emergencies.

AT&T Don't Text While Driving Documentary

10 minute video

- http://wsms hosting.com/video/texting_psa_video.html

End Distracted Driving





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