

Distracted Driving

Did You Know?

Adults, children and even babies are injured or killed every day because a driver did not keep their eyes on the road.

- Cell phone use while driving increases the chance of having a serious accident by 4 times.
- A study by Carnegie Mellon shows that hands-free cell phone use while you drive carries about the same risk as holding the phone. Talking to someone may take your focus off the road and you may miss a small clue that there is a problem up ahead.
- According to a study by NHTSA (National Highway Traffic Safety Adm.) and Virginia Tech Transportation Institute, not paying attention to the road for 3 seconds has caused about 80% of crashes and 65% of near crashes.

For more information please visit the following web sites:

1. National Highway Traffic Safety Administration

Type in Drowsy & Distracted Driving

2. National Safety Council

<http://www.nsc.org/resources/issues/factsheet.aspx>

3. Governors Highway Safety Association

<http://www.ghsa.org/html/issues/dist.driv.policy.html>



Please visit our web site at Hamot.org

While Driving

You are at risk for a crash if you....

- Talk or text on your cell phone.
- Argue with your passengers.
- Eat, drink or drive when you are tired.
- Work on your computer.
- Read the paper, a report, a book.
- Shave/ Fix your hair.
- Put on your makeup.
- Daydream or watch something outside the car.
- Look for something in your car.
- Break up children fighting.
- Changing the radio or CD
- Change your clothes.
- Clean up the car or windshield.
- Put in contact lenses.
- Watch videos.

The list is endless. Save a life by keeping all of your attention on the road!!!

Cell Phone Safety Tips:

Think about:

- **Keeping all your attention on the road at all times.** Your life, the life of your passengers and the families that are on the road depend on you to be at your best at all times.
- Keeping both hands on the wheel at all times.
- Making your phone calls before you start the car.
- Having a passenger deal with emergency phone calls while you keep your eyes and attention on the road.
- Pulling off the road and stopping at a safe place to talk or text.
- In case of emergency use your best judgment.