

# DISTRACTED DRIVING



## THERE ARE THREE MAIN TYPES OF DISTRACTIONS:

- **Visual** - taking your eyes off the road
- **Manual** - taking your hands off the wheel
- **Cognitive** - taking your mind off what you are doing

Distracted driving is any non-driving activity a person engages in that has the potential to distract him or her from the primary task of driving and increases the risk of crashing. While all distractions can endanger drivers' safety, texting is the most alarming because it involves all three types of distraction.

## OTHER DISTRACTING ACTIVITIES INCLUDE:

- 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 GPS.



## FOR DETAILED INFORMATION ON UTAH'S LAW:

<https://le.utah.gov>

41-6a-1716. Prohibition on using a handheld wireless communication device while operating a moving motor vehicle --

## RESEARCH

- Using a cell phone while driving, whether it is hand-held or hands-free, delays a driver's reactions as much as having a blood alcohol concentration at the legal limit of .08 percent.
- 80 percent of all crashes and 65 percent of near crashes involve some type of distraction.
- Nearly 3,200 people died in 2014 in crashes involving a distracted or inattentive driver, and more than half a million were injured
- The worst offenders are the youngest and least-experienced drivers: men and women under 20 years of age.

Teens have a higher rate of texting and driving.



Number of teens who die daily from texting and driving:

11

Annual auto accident injuries from texting and driving:

330,000

