

# Distracted Driving



Did you know that nearly 80 percent of crashes involve some form of driver inattention?

- Cell phone use is the most common distraction for drivers.
- An estimated 10 percent of drivers in typical daylight are using some type of phone, hand-held or hands-free.
- Talking, listening and dialing are equally dangerous. Hands-free cell phone conversations are as distracting as those on a hand-held device.
- The slower reaction time caused by cell phone use is comparable to that of people who are legally drunk (.08 blood alcohol content).
- Texting, GPS and in-car computers have added to the boom in distracting technologies.

The NSC reminds drivers that their first responsibility is safe driving. The NSC recommends that drivers establish and enforce a “driver distraction-free zone” inside their vehicles.



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