



MEMBERSHIP
Services



OCCUPATIONAL
Safety



TRAFFIC
Safety



EMERGENCY
CARE
Safety



HOME &
COMMUNITY
Safety

The mission of the Utah Safety Council is to save lives by promoting safety and health through education, services, and products.

UTAHSAFETYCOUNCIL.ORG

Distracted Driving

How many people are killed
each day as a result of
distracted driving?

The Facts

- 9 people are killed every day due to distracted driving with an additional 1,153 people injured.
- Of all distracted driving incidents, approximately 1,000 deaths and 24,000 injuries include cell phone use as the major distraction.
- Talking on your cell phone while driving makes you four times more likely to crash, and texting make you 23 times more likely.

Sources: CDC and Distraction.gov

What is Distracted Driving?

- Doing another activity that takes your attention away from driving.
- Three types:
 - Visual: taking your eyes off the road.
 - Manual: taking your hands off the wheel.
 - Cognitive: taking your mind off what you are doing.



Types of Distractions

- Texting
- Talking on a cell phone
- Eating or drinking
- Talking to passengers



Types of Distractions

- Shaving, putting on makeup, combing your hair, etc.
- Reading, including maps or directions
- Using a navigation system
- Adjusting audio systems



Prevention Tips

- Let friends and family know that you will not answer their calls or texts while driving.
- Let your voicemail take all calls or pull over if you must respond.
- Do not eat while driving.
- Don't engage in emotional or heated conversations with passengers.

Prevention Tips

- Perform all grooming either before leaving for or after arriving at your destination.
- Know exactly how to get to your destination or pull over to read directions.
- Pre-set navigation and audio systems and all other electronics.

Remember

It may not be convenient, but it could save your life!

For Additional Information

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