

Distracted Driving

Each day in the United States, approximately 9 people are killed and more than 1,000 injured in crashes that are reported to involve a distracted driver.¹

Distracted driving is driving while doing another activity that takes your attention away from driving. Distracted driving can increase the chance of a motor vehicle crash.



At 55 mph, sending or reading a text takes your eyes off the road for about 5 seconds, long enough to cover a football field.

Types of Distraction

The Problem

Risk Factors

Prevention

Additional Resources

What are the types of distraction?

There are three main types of distraction:

- Visual: taking your eyes off the road;
- Manual: taking your hands off the wheel; and
- Cognitive: taking your mind off of driving.²

Distracted driving activities

Anything that takes your attention away from driving can be a distraction. Sending a text message, talking on a cell phone, using a navigation system, and eating while driving are a few examples of distracted driving. Any of these distractions can endanger the driver and others.

Texting while driving is especially dangerous because it combines all three types of distraction.³ Sending or reading a text message takes your eyes off the road for about 5 seconds, long enough to cover a football field while driving at 55 mph.⁴

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