

# Phone Distraction While Driving – It Can Wait



## The Facts

Distracted driving is the act of driving while engaged in any task that takes your focus off the road – texting, talking on the phone, watching videos, reading, even passengers can be a distraction.

Texting is the most alarming distraction. Sending or reading a text takes your eyes off the road for approximately 5 seconds. At 55 mph, that is like driving the length of an entire football field with your eyes closed.

1 out of every 4 car crashes in the United States is caused by texting and driving. (National Safety Council)

Nebraska law bans all cell phone use for drivers 18 years of age and younger. Offenders can be fined \$200.

Distracted driving is dangerous, claiming 2,841 lives nationally in 2018 alone. (NHTSA)

In Nebraska, there are nearly 4,500 distracted driving crashes annually.

In 2018, 506 nonoccupants (pedestrians, pedal cyclists and others) were killed by distraction-affected crashes. (NHTSA)

Cell phone use while driving leads to 1.6 million crashes each year. (National Safety Council)

Each year, almost 390,000 injuries occur from accidents caused while texting and driving. (National Safety Council)

## What can you do?

Park the phone. Turn off notifications before you go or stow it away.

Pull over if you need to take or make a call.

Ask your passenger(s) to change the radio station, monitor GPS, look for street signs, etc.

Before you go, research your destination and plan ahead to get there safely.

Focus on driving. Multi-tasking while driving is dangerous – keep your eyes on the road and your hands on the wheel.

Parents, if you know your child is driving, avoid texting or calling them. Establish a routine for them to text or call when they've arrived at their destination.