



TEXTING AND DRIVING



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In recent years, mobile devices have prompted an increase in distracted driving, causing accidents that often result in injury or death.¹ Distracted driving is any activity that takes a driver's attention away from the task of driving.² There are many forms of distraction, but sending text messages while driving is one of the most dangerous because texting requires all three levels of a driver's attention – visual, manual, and cognitive.²

On average, a driver takes his or her eyes off the road for five seconds while texting. If traveling at 55 mph, that's the equivalent of driving the length of a football field blindfolded!² In 2012, distracted driving caused 18 percent of all fatal crashes, 3,328 people were killed in motor vehicle crashes involving a distracted driver, and 421,000 people were injured in accidents involving a distracted driver.¹ Twenty-seven percent of the distracted drivers in fatal crashes were in their 20s.²

Prevention Tips¹

To prevent a motor vehicle accident caused by distracted driving, follow these tips from the National Highway Traffic Safety Administration (NHTSA) and U.S. Department of Transportation (DOT):

- ▶ Never text and drive.
- ▶ Understand the dangers and risks of texting and driving. Share these risks with your family, and establish rules regarding distracted driving for yourself and your household.
- ▶ Set an example for your friends and family. If you need to text while driving, pull over to a safe place; and when you are a passenger, ask your driver to do the same. Since children often learn from and adopt their parent's behavior, you will be setting an example for them when they begin to drive.
- ▶ Be aware of state and local laws as well as rules on your military installation. Many states, cities/towns, and military installations ban cell phone and texting use while driving or may only allow use with a hands free device.

¹The Dangers of Texting While Driving. Federal Communications Commission. <http://www.fcc.gov/guides/texting-while-driving>. Published December 2014. Accessed March 2015.

²Distracted Driving: Facts and Statistics. NHTSA and U.S. DOT. <http://www.distraction.gov/get-the-facts/facts-and-statistics.html>. Accessed March 2015.

For more information on your local resources, contact:



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