



Veterinary loss prevention program

Driving safety: distracted driving

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Trainer's overview

All 50 states plus District of Columbia have laws pertaining to distracted driver. Here is a link to find out about your state: [Distracted Driving Laws | DMV.ORG](#)

Trainer's guide

Background

According to the National Highway Traffic Safety Administration, nine (9) people die each day from distracted driving in the USA (DMV.org)

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

There are three main types of distraction:

- Visual—taking your eyes off the road
- Manual—taking your hands off the wheel
- Cognitive—taking your mind off what you are doing.

Distracted driving activities include things like using a cell phone, texting, eating, drinking, and talking with passengers. Using in-vehicle technologies (such as navigation systems) and portable communication devices can also be sources of distraction.

While any of these distractions can endanger the driver and others, texting while driving is especially dangerous because it combines all three types of distraction.

How big is the problem?

The catastrophic consequences of distracted driving grows higher each year. Consider the following:

- 9 people die every day in the US from driving distracted.
- 11% of all car accidents leading to fatalities are related to distracted driving.
- When texting, your eyes are off the road for 5 seconds on average. That's the length of a football field when driving at 55 MPH.
- You are 3 times more likely to crash when performing a visual or manual activity – such as reaching for a phone, drink, or food.



When asked whether driving feels safer, less safe, or about the same as it did five years ago, more than 1 in 3 drivers say driving feels less safe today. Distracted driving—cited by 3 out of 10 of these drivers—was the single most common reason given for feeling less safe today.

What are the risk factors?

Some activities—such as texting—take the driver's attention away from driving more frequently and for longer periods than other distractions. Don't text while driving.

Most common distracted behaviors: [Driving Distractions | DMV.ORG](#)

Questions for discussion

What are the three main types of distraction?

Visual, manual, and cognitive.

What activity involves all three types of distraction?

Texting.

Is texting illegal while driving in California?

Yes. A person shall not drive a motor vehicle while using a wireless telephone unless that telephone is specially designed and configured to allow hands-free listening and talking and is used in that manner while driving (California Vehicle Code, Section 23123, 23123.5, 23124 and 23125).

Driving safety: distracted driving

Trainer's guide (continued)



References

U.S. Department of Transportation National Highway Traffic Safety Administration: [Distracted Driving Dangers and Statistics | NHTSA](#)

Centers for Disease Control and Prevention: Motor Vehicle Safety – Distracted Driving: [Distracted Driving | Motor Vehicle Safety | CDC Injury Center](#)

National Highway Traffic Safety Administration- Publication on distracted driving: [Distracted Driving | U Drive. U Text. U Pay. | NHTSA](#)

Distracted Driving Laws by State: [Distracted Driving Laws | DMV.ORG](#)

Please complete the sign-in sheet.

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Driving safety: distracted driving

Employee handout

According to the National Highway Traffic Safety Administration, more than 1,000 people are killed and injured on U.S. roads involving a distracted driver each day.

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Distracted driving activities include things like using a cell phone, texting, eating, drinking, and talking with passengers. Using in-vehicle technologies (such as navigation systems) and portable communication devices can also be sources of distraction.

While any of these distractions can endanger the driver and others, texting while driving is especially dangerous because it combines all three types of distraction.

Every state has laws regarding distracted driving, and most states have multiple regulations which ban hand held or text messaging. [Distracted Driving Laws | DMV.ORG](https://www.dmv.org/distracted-driving-laws)

Recently, a driver in California was found guilty of vehicular manslaughter and sentenced to six years in prison. The judge stated distracted driving that results in a fatality is worse than driving under the influence because there's no impairment involved. The defendant made a choice to text while driving.



Contact us today to learn more. [safehold.com](https://www.safehold.com)

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