

Distracted Driving



What is Distracted Driving?

- Distracted driving is any non-driving activity a person engages in that has the potential to distract him or her from the primary task of driving and increase the risk of crashing.



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're doing



Some Distractions Include

- Eating and drinking
- Talking to passengers
- Grooming
- Reading, including maps Using a PDA or navigation system
- Watching a video
- Changing the radio station, CD, or Mp3 player.





Cell Phones aren't the Only Distraction

Did you Know...



- 80 percent of all crashes and 65 percent of near crashes involve some type of distraction. (Source: Virginia Tech 100-car study for NHTSA)
- Nearly 6,000 people died in 2008 in crashes involving a distracted or inattentive driver, and more than half a million were injured. (NHTSA)
- The worst offenders are the youngest and least-experienced drivers: men and women under 20 years of age. (NHTSA)
- Drivers who use hand-held devices are four times as likely to get into crashes serious enough to injure themselves. (Source: Insurance Institute for Highway Safety)

More Statistics...

- In 2008, there were a total of 34,017 fatal crashes in which 37,261 individuals were killed.
- In 2008, 5,870 people were killed in crashes involving driver distraction (16% of total fatalities).
- The proportion of drivers reportedly distracted at the time of the fatal crashes has increased from 8 percent in 2004 to 11 percent in 2008.
- The under-20 age group had the highest proportion of distracted drivers involved in fatal crashes (16%). The age group with the next greatest proportion of distracted drivers was the 20- to-29-year-old age group (12%).
- Motorcyclists and drivers of light trucks had the greatest percentage of total drivers reported as distracted at the time of the fatal crashes (12%).
- An estimated 21 percent of 1,630,000 injury crashes were reported to have involved distracted driving.

Stupid Things People have been caught doing While Driving.



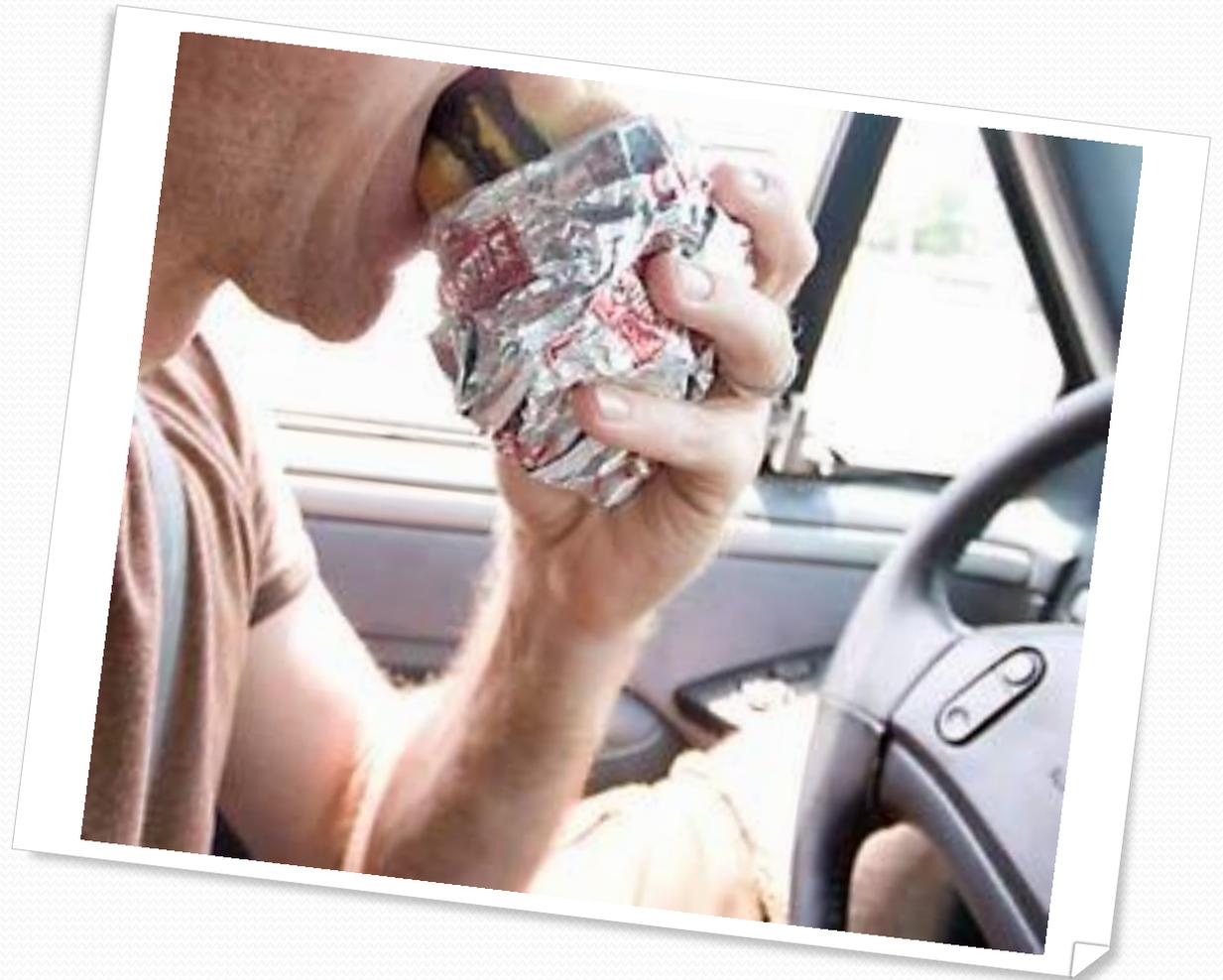
Shaving and Driving

This man was driving down the highway shaving his bald head.



A Whopper of a Driver

Yesterday I was driving on the highway and the guy next to me swerved into my lane missing me by one inch or so I looked over and saw him eating a whopper with both hands securely on the burger. Where is the Burger King dude when you need him? Beam him up Burger King dude!



Don't Shave and Drive! It's the Law.

I saw a cop shaving while
driving in Deerfield Beach.



Look Mom, No Hands!

I was driving in Roanoke, Virginia, when I came across two separate cars following me on a secondary road in a residential area. The two drivers seemed to know each other. The car immediately behind me was driven by a teenager, who liked to show off for the car following him, by sticking both his arms out the drivers side window while driving about 35 mph. Sort of to say "look, no hands." I can only hope he was trying to steer with his knees. I got out of their way at the first opportunity, and let them pass.



High Speed Locker Room

Well on a few occasions I have been running late to a futbol match. So I hop on the expressway, set the cruise control to about 80 and exchanged my business attire for a proper futbol uniform



Highlight a Driver's Safety Manual Instead

A few years ago my mother and I were driving down the interstate, and saw a driver in another lane actually going through a book with a highlighter! You know, there are some things I might try to manage while I drive, but it's very limited... but to read a book AND highlight notes in it, on the interstate of all places? How dangerous! We were driving at least 70-75 mph.



Driving Under the Influence of Mascara

I've seen ladies scooting along at 75 in heavy traffic using their rearview mirrors to apply mascara. Not only could they crash, they could lose an eye doing it!



What's Faster His WPM's or MPH's?

I thought I had heard and seen it all being on the highway a lot here in California. I was driving on Highway 50 near Sacramento and I saw a man on a motorcycle driving at least 75mph and to top it off TEXTING with one hand! Nuts!



Three Times the Fun, Tri-Not to Crash!

Reading a newspaper,
putting on make-up, and of
course texting.



High Speed, Hide and Seek

While driving 70 on the freeway I was passed by a red convertible which didn't appear to have a driver. Thinking it must be someone really short at the wheel, I sped up to get along side for a better look. Nope, no one was in there. For at least 5 seconds I thought this must be some sort of remote control vehicle, when up pops a woman's head. She must have dropped something and was grabbing for it while going at least 75 down the road!



Souper Driver

I have seen a lady in South Florida driving with the cell phone on her shoulder holding it with her head, then holding a cup of soup in her left hand moving her right hand from the steering wheel now and then to grab the spoon and eat her soup from the cup. That indeed topped my list I thought driving, talking on the cell and smoking at the same time was the worst until I saw the soup eater.



A Sweet Crashical Melody

I have honestly witnessed a man playing the trumpet on the interstate passing me at about 75 mph.



Squeaky Clean Driving Record

Yesterday afternoon I was driving down Route 24 in Massachusetts going to the Taunton mall and I saw a young woman Windexing her windshield! Then, she dusted the dashboard with a Swiffer! Ridiculous!



Pedicure on the Go

I actually saw this going through Denver! Bumper-to-bumper traffic and this woman kept ducking beneath the dashboard for something. When I got close enough to see, she was painting her toenails while driving!!!



Driving While Working

On a Highway going east I noticed a car that was drifting. About that time he crossed into our lane about 25 feet in front of us, then hit the shoulder on our side and flipped several times. The State trooper called us and said the man had been working on his laptop while driving.



Multitalented Driving

I saw a man holding a cup of coffee and reading the newspaper with one hand, shaving with his other hand and driving with his knees. He did all of these things while detouring through a construction zone. No, he wasn't successful, he rear ended the guy in front of him.



Artistic Driving

A guy actually had an easel set up in the passenger seat with paints and several brushes and was painting a picture while we were going 70 mph down a major highway.



Productive Driving

I was driving behind a woman who kept looking down in her lap and her arms were moving in a flapping motion. I couldn't imagine WHAT she could be doing! When she stopped at a light I had to honk to get her moving again. Finally I got along side of her and looked in her car. She was KNITTING!



What's a Car Seat?

My husband and I were on the freeway and witnessed a woman driving with a small infant on her lap. I could see clearly because she was in a compact car and we were in a full size truck. I rolled my window down (my husband was driving) and held up my cell phone indicating that I was ready to dial '911'. The woman then handed her baby to one of her passengers. Not sure if that was any safer, considering she did it while driving 65 mph. I didn't see a carseat in the vehicle, so I'm assuming the baby usually cruises down the interstate perched on someone's lap. BTW, the driver was not Britney Spears.



Beauty Before Safety

Blonde in front of me with very long hair was blow drying her hair with the car heater blasting and used a curling brush and curling iron to style! Talk about multi-tasking!



Spaghetti on the Run

My husband and I were driving down the Pennsylvania Turnpike and looked over at the car next to us and the girl was driving holding a plate of spaghetti.



A Nursing No-No

On Interstate 95, a woman was nursing her baby while driving.



An I-40 Trend in N.C.?

I'll never forget it. I was on I-40 in Cary, N.C and I glanced to my left. And what do I see the driver doing in the next lane? He was brushing his teeth and appeared to have a cup that he was using for rinsing or spitting. Go figure! I told my daughter and we were laughing so hard. After a while the driver could see us laughing at him, and he hit the accelerator so that we couldn't observe him. About a week later, I saw a female driver brushing her teeth too, on the same stretch of road. What a coincidence.



Double Dose of Distraction

I saw someone driving with a
cigarette in one hand and a
cell phone in the other!



A Diaper Duty Don't

I once saw a woman change a diaper on her child while going 65 mph on 695 in Baltimore. I'm pretty sure she broke a law or two while doing this absolutely stupid move.



Time for a Tire Check

I observed a driver literally hanging out of the window looking at his left rear tire while rolling forward at 30+ mph. He was hanging out over half his body. Really scary and STUPID.



Mom's Major Mistake

My mom [clipped coupons while driving] and it drove me crazy. One day she was taking me to school when I was 12 and she didn't see that the light turned red and we hit a pickup truck in front of us. I had my backpack on and was in the front seat with no seatbelt. My head smashed against the windshield and I had bruised ribs. Now I ALWAYS wear my seat belt and make sure my mom is paying attention when I ride with her.



A Guy's Gotta Play

On the interstate in Sacramento, Calif., I saw a man playing the guitar (it takes two hands) and steering with his knees.



Well, Her Pits Were Hairy ...

My brother-in-law was driving on Interstate 690 in Syracuse, N.Y. and saw a girl steering with her knee, talking on a cell phone and shaving her armpits!!

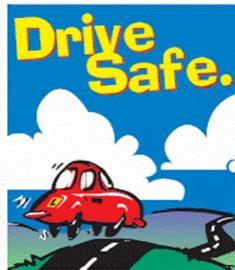


Now We Know!!!

We have seen examples of the many stupid things people have done and continue to do while they are operating a vehicle.

Choosing to do other tasks while driving not only puts your life in danger but, the lives of other drivers on the road.

Choose to plan ahead and get things done before you get behind the wheel.





Leave the Multitasking at Home

Avoid Distractions While Driving

- A driver needs to focus on the driving task at all times.
- The driving scene can change quickly, and you need to be alert to changes so that you can make decisions and act quickly.
- Avoid turning the radio up too loud
- Avoid wearing headphones
- Avoid Eating, Drinking or any other task that diverts you attention.
- Leave the Multitasking at home!

