Your safety is our number one priority. Today one of the largest concerns is texting and driving, also known as distracted driving. Distracted driving is defined as any activity that diverts a person’s attention from driving. This can include eating and drinking, talking to passengers, and more commonly these days, talking or texting on your cell phone. All of these take away your attention from the task of driving.

Traffic safety experts have classified three types of distractions:

- **Manual** (removing your hands from the wheel),
- **Visual** (focusing your eyes away from the road), and
- **Cognitive** (having your mind wander away from the task of driving).

**Texting while driving includes all three of these types.**

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Take a look at these facts:

When talking or texting on a cell phone, people are as impaired as they are when they are intoxicated at the legal blood-alcohol limit of 0.08%.

Every year, about 421,000 people are injured in crashes that have involved a driver who was distracted in some way, and 1 out of 4 car accidents in the United States are caused by texting while driving.

The average speed in the United States is 55 mph.

Taking five seconds to read a text message means the driver travels the length of a football field while being distracted. Digital and social media are also significant distractions. Today with so many vehicles on the road, there is a much higher risk of an accident when a driver is distracted, even for a few seconds.

Teen drivers are more susceptible than adults.
• They have a 400% higher chance of being in a car crash when driving and texting than adults.
• More than 50% of teens say they search for music on their cell phone while driving, while just 12% of parents do.
• More than 1 in 10 teens say they update or check Facebook, Twitter, Instagram, Snapchat, or other social media while driving.
• 25% of teens respond to at least one text message while driving.

Parent’s behavior greatly affects how teens are influenced.

Since children look to their parents for a model of what is acceptable, parents who more frequently engage in distracted driving have teens who engage in such behavior more frequently than other teens.

Drivers do recognize the danger from cell phone distractions.

Over 84% do, and find it unacceptable that this behavior is going on. However, 36% of these people still admit to driving distracted.

WREC had over 100 poles and pieces of equipment hit due to distracted driving in 2018.
The next time you are driving, be conscious of the actions you take. Only text or email when you are out of the vehicle, parked on the side of the road, or at a complete stop and no danger to others.

What text or email can be more important than your life?

When You Gamble With Safety... You Are Betting Your Life!