

it's
NOT
worth
it!



Distracted driving is one of the most common contributors to traffic collisions. It is a problem which affects all road users. Cell phone and text use while driving is not the only issue. Anything from drinking coffee to managing children can take your mind off the road at a critical moment.

Most drivers are distracted at one time or another. However, minimizing distractions in your own driving can prevent injury and save lives.

The most recent data available today concludes that distracted drivers might cause 8 out of every 10 collisions. While numbers may vary, the evidence to date clearly shows distracted driving is an important issue for road safety. Distracted driving affects more than just drivers and passengers on our roads. It leaves lifelong impacts on the friends and families of the loved ones who perish in fatal collisions.

It is important to be aware of the severity of distracted driving and learn ways to diminish their occurrences. Without adequate information and awareness distracted driving will only continue to increase, needlessly risking the lives of Californians.

Your Teen and Distracted Driving

The leading cause of death for 15-20 year olds is vehicle crashes. Being new to driving can be intimidating and dangerous.

This is why the CHP wants to make sure your teen — as one of the next generation of California drivers — understands the impact of distracted driving.



Every driver is exposed to the many distractions that exist inside and outside

their vehicle. It's important to remember driving requires your teen's full attention, both hands on the wheel and their eyes on the road.

For every mile they drive, teens are four times more likely to be involved in a crash.

When they listen to music, make sure they keep it set on a single radio station or playlist so they're not distracted by the radio/MP3/iPod controls. Also, keep the volume low enough not to block out the sounds of emergency vehicles that may be trying to get around them.

As much as possible, have them drive during non-rush hour times to get used to the roads without the added stress of congestion.



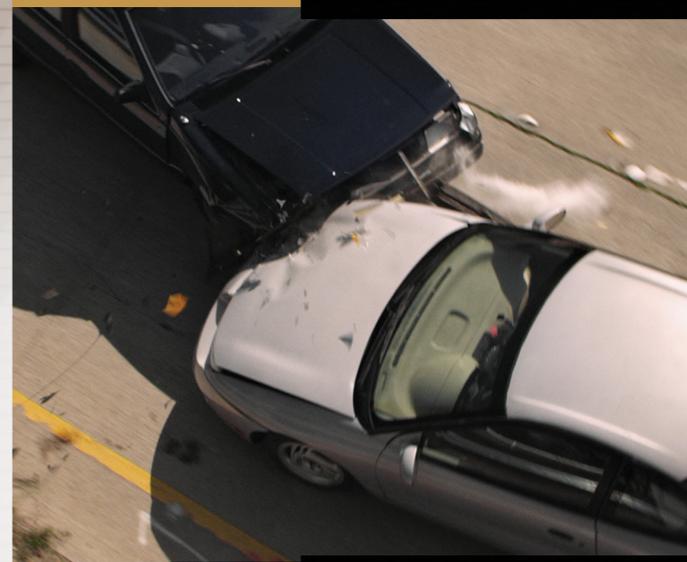
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CALIFORNIA OFFICE OF TRAFFIC SAFETY

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Distracted
DRIVING



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Distractions Are Everywhere

The reality is that all road users — drivers, passengers, pedestrians and cyclists

— are affected by distracted driving. As a motorist, there are elements within your vehicle that you can control to minimize the distractions

that you are susceptible to while you drive. Though some distractions — like looking at



In 2009, California saw more than 26,000 collisions that were in-part caused by driver distractions, 116 people were killed and more than 17,000 were injured.

a billboard — may not seem threatening, remember that during the two seconds it took to look at the billboard, at 60 mph you have already travelled half of a football field. A lot can happen in that distance.



The California Highway Patrol wants you to know the dangers of Distracted Driving. Anything that distracts your attention from the road can be costly, dangerous, and even deadly.

Frequently Asked Questions

Q. Does cell phone use while driving cause traffic crashes?

A. Research shows that driving while using a cell phone can pose a serious cognitive distraction and degrade the mental processes of driver performance. The use of a cell phone while driving increases your chance of getting into a crash by 400%.

Q. Is it safe to use hands-free cell phones while driving?

A. While the use of a hands-free cell phone is currently legal in California, the available research indicates whether it is a hands-free or hand-held cell phone, the cognitive distraction is significant enough to diminish a driver's performance. This can cause a driver to miss key visual and audio cues needed to avoid a crash.

Q. In an emergency should I use my cell phone while driving?

A. As a general rule, drivers should make every effort to move to a safe place off of the road before using a cell phone. However, in emergency situations, a driver must use their judgement regarding the urgency of the situation and the necessity to use a cell phone while driving.



Q. Is talking on a cell phone any worse than having a conversation with someone in the car?

A. Any activity a driver engages in while driving has the potential to distract a driver from the primary task of driving. Some research findings comparing cell phone use to passenger conversations while driving show each to be equally risky, while others show cell phone use to be more risky. A significant difference between the two is the fact that a passenger shares the driving situation along with the driver and pause for, or alert the driver to, potential hazards.

FOR MORE INFORMATION GO ONLINE TO:
www.chp.ca.gov

