

Environmental Health and Safety

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Distracted Driving

We all know that texting and driving is bad for you, yet all of us have practiced some form of distracted driving. This includes texting, eating, reading, grooming, talking to passengers, and other activities that take your attention away from the road. When distracted, drivers experience attention blindness meaning that drivers may be looking at the road, but aren't actually processing all of the information that they are receiving.

While driving at high speeds, you can travel further than the length of a football field in the time it takes to read a short text message. Even taking your eyes off the road for 5 seconds can be deadly. The next time you reach for a device, put on your make-up, or eat while driving, remember that it can wait.

Know The Facts:



- A driver talking on a cell phone is as impaired as a driver with a 0.08 blood-alcohol level.
- A driver who is texting is as impaired as a driver with a 0.16 blood-alcohol level.
- Drivers talking on cell phones are 1.2 seconds slower to react.
- Every day in the US, more than 9 people are killed by distracted drivers.

More Information:

[Distracted Driving Facts and Statistics](#)

[CDC: Distracted Driving](#)

[Texting and Driving Stats](#)

State Laws

[Oregon State Distracted Driving Laws](#)

[Washington State Distracted Driving Laws](#)

Kara Meredith

Don't learn safety by accident