



Kit Carson County Health Service District

Your trusted provider of rural health care

DISTRACTED DRIVING

ONE TEXT OR CALL COULD WRECK IT ALL

Distracted driving is any activity that could divert a person's attention away from the primary task of driving. All distractions endanger driver, passenger, and bystander safety. Types of distractions include:

Texting
Using a cell phone or smartphone
Eating and drinking
Talking to passengers
Grooming
Reading, including maps
Using a navigation system
Watching a video
Adjusting a radio, CD player, or MP3 player

FACTS:

- Five seconds is the average time your eyes are off the road while texting. When traveling at 55mph, that's enough time to cover the length of a football field blindfolded.
- 10% of drivers of all ages under the age of 20 involved in fatal crashes were reported as distracted at the time of the crash. This age group has the largest proportion of drivers who were distracted.
- At any given daylight moment across America, approximately 660,000 drivers are using cell phones or manipulating electronic devices while driving.

The Trauma Team at KCHSD, along with Burlington Police Department, wants you to be educated about facts of distracted driving. For further information please visit <http://www.distraction.gov/get-the-facts/facts-and-statistics.html>