



DISTRACTED DRIVING

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UNDERSTANDING THE ISSUE

- Motor vehicle crashes are among the top two causes of injury death throughout a person's lifetime.
- Drivers using handheld or hands-free cell phones are **4x** more likely to crash!
- Estimated 25% of crashes are due to cell phone usage
 - This number can only be obtained by self-reporting and are likely severely under-reported.
- Hands free devices, while seeming safer, do not eliminate cognitive distraction!

COMMON MYTHS

- If a driver's eyes are on the road at all times then he/she is safe.
 - Distracted drivers experience something similar to tunnel vision. Their brains prioritize the phone conversation over safety.
- If cell phone use while driving is mentally distracting, then drivers also should not talk to other passengers
 - Adult passengers actively help by monitoring and discussing traffic.
- Listening to the radio is as mentally distracting as talking on a cell phone.
 - Listening to music does not require responses so there is less critical thinking.

WHAT TO DO ABOUT IT

- When you're driving, schedule stops to use your phone.
- Don't pair your phone with your vehicle's communication system
- Allow the passenger to operate your phone
- Take turns driving so you can both use your phones as needed.
- Do not focus your eyes on objects away from the road for longer than quick glances.

The background is a solid blue gradient. In the corners, there are decorative white line-art patterns resembling circuit traces or a stylized city skyline. These patterns consist of vertical and horizontal lines of varying lengths, with small circles at the ends, suggesting nodes or connections in a network.

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=T7911KGJJZC](https://www.youtube.com/watch?v=T7911KGJJZC)

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USDOTNHTSA. (2014, April 25). Liz Marks Texting & Driving Story.
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