

# DISTRACTED DRIVERS

Lee McClellan— Safety Officer



**This Month's Safety Article is on Distracted Drivers.**

**We have all seen distracted drivers when on the road. Let's review 3 main kinds of distractions.**

**Visual Distractions:** This is anything that takes your eyes off the road. That means if you are looking for something or looking at something in the vehicle.

**Manual Distractions:** This is when you take your hands off the wheel while driving. This is usually combined with Visual Distractions. Examples are texting, making a phone call, eating or changing the radio station.

**Cognitive Distraction:** This is where we are thinking about something else that would take our mind off driving. This could also include arguing with someone or thinking of many other life problems.

**The National Safety Council reports 1.6 Million accidents are caused by cell phone use and another 390,000 injuries are caused by texting.**

**That is 1 out of 4 accidents are caused by texting. The chances of texting and driving are 6X more likely to cause an accident than if you are driving drunk! Answering a text takes your eyes off the road for about 5 seconds at 55 mph. That is the length of a football field. According to AAA, 94% of drivers support a ban on texting and driving but 35% in the same poll admitted to texting and driving.**

**As a driver of a Semi Truck, I sit up high and can see most other vehicles easily and would say that single occupant vehicles are the most distracted by far. I would estimate 50% to 75% of the drivers are doing something with their phones. BE SAFE AND PUT THE PHONES DOWN!**

**STAY SAFE,**

**Lee**