



**BuildLACCD**

# Safety Bulletin

October 13, 2021



## Distracted Driving

Something seemingly innocent and quick like talking or texting on your phone, eating and drinking, talking to people in your vehicle, fiddling with the stereo or navigation system may endanger you, a pedestrian, or a cyclist. Texting is the most alarming distraction. Sending or reading a text takes your eyes off the road for 5 seconds. At 55 mph, that's like driving the length of an entire football field with your eyes closed. In 2018 alone, over 2,800 people were killed and over 400,000

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were injured in accidents involving a distracted driver. And one of the five victims was walking, riding their bikes, or otherwise outside the vehicle.

There are many hazards present while driving that become even more dangerous when a driver is distracted, causing them not to drive defensively. Here are some guidelines to follow to keep you and others safe on the road.

- Before taking off, put your cell phone on silent, turn it off completely, or put it in your glove compartment to resist the temptation to use it while driving
- If you need to use your phone urgently, completely pull off the road and park your car safely before making a call or sending a text message
- If you're unsure of how to reach your destination, plan your route beforehand or have someone with you in the car to read you the directions
- Pre-set your radio stations or create your iPod playlist before you leave the house—ensure the volume doesn't impede your ability to hear traffic, including vehicle horns and emergency vehicles
- If you can't eat before you leave, park the car safely or take some time to dine in vs. eating while driving
- If you are going to be drinking alcohol, plan for a safe ride home ahead of time

## 3 main types of distraction

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### Visual

Taking your eyes  
off the road

### Manual

Taking your  
hands off the  
wheel

### Cognitive

Taking your mind  
off of driving

**Test your  
knowledge!**