Dangers of Distracted Driving

Distracted driving caused 3,154 deaths and 424,000 injuries in 2013.

Distracted Driving is any activity that diverts a person’s attention from the primary task of driving.

Distraction Types

- **Manual**
  When one or both hands are off the wheel

- **Visual**
  When your eyes aren't on the road

- **Cognitive**
  When your mind isn't focused on driving

Texting involves all three distractions!

Put the rest aside, and just drive.