

Texting Laws

- It is illegal to send or receive electronic messages while driving!
- This includes....
 - Texting or reading text **WHILE STOPPED** in traffic
 - Composing, sending, or reading text messages
 - Updating your Facebook status
 - Reading or sending emails

Cell Phones

- If you have a provisional license (under 18 years old), it's illegal to talk on a cell phone
 - It doesn't matter if it's hands-free or not
- This doesn't mean it is "safe" for you to drive while talking on a cell phone with a regular license



Hands-free vs. Hand-held

- A meta-analysis of 10 studies show **impaired driving performance** for both
- A meta-analysis of 33 studies found hands-free and hand-held **had the same level of reaction time.**

Types of Distractions

- Cognitive- Look.... But don't see
- Visual- Looking away, fixating sight on other events, etc.
- Auditory- Conversations, radio, TEXTING!!
- Biomechanical- Fidgeting with music radio, talking to friends in the car



Top Ten Driving Distractions

- 1. Use of a mobile phone**
2. Eating
3. Changing the radio
4. Retrieving items from the back seat or floor
5. Lighting a cigarette (shouldn't smoke anyways)
6. Talking with passenger(s)
7. Shaving or applying cosmetics
8. Billboards
9. Gawking at an accident
10. Communicating with a known pedestrian (waving at a friend)

Distracted Driving

- Still a leading cause of crashes in Minnesota
- Minimize distractions when driving
 - Don't use a cell phone
 - Leave the iPod alone
 - Stay Focused on driving safely at all times
 - Be responsible



In the U.S., every...

- 15 seconds a crash occurs
- 17 seconds a property damage crash occurs
- 10 seconds there is a traffic related injury
- 12 minutes there is an alcohol-related injury
- 12 minutes someone dies in a traffic crash
- 113 minutes an alcohol-related crash fatality occurs
- 14 days an employee dies in a work-related crash





HOW CAN YOU
PREVENT BEING
HURT OR KILLED?

MAKE GOOD CHOICES

- PAY ATTENTION
- DRIVE THE SPEED LIMIT
- ALWAYS WEAR YOUR SEATBELT
- NEVER TEXT AND DRIVE!!!

Distracted Driving Statistics

- Distracted driving is the number 1 cause of 2 vehicle crashes
- Drivers between 15-19 cause 24.4% of the distracted driving crashes



Fatality Statistics

58 people died and 8,354 were injured in distracted driving crashes

This is greater than the entire city population of many Iron Range Towns.



TEXTING WHILE DRIVING

A state survey in Minnesota taken by 460 teens had the following key results:

- 61% admit to texting while driving
- 42% admit to taking their eyes off the road when texting
- 98% believe that texting and driving is dangerous



Self Evaluation

- **Pull over** if you need to do something that will take your eyes and/or mind off the road
- **Buckle up!** Making sure everyone is buckled up is the best defense against distracted drivers
- **Don't let your driving time become your down time.** Understanding that driving is not your down time or time to catch up on the phone calls or eating



Young Drivers in Minnesota

- You are three times more likely to die in a traffic crash than by any other means (murder, illness, etc.)
- Crashes are the leading cause of the death for people under 30
- 1/3 of those killed in traffic crashes are under 30 years old
- Almost half of those injured in traffic crashes are under 30 years old

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Do you have any
idea how fast
you were going?...

Maybe
texting
25 or 30
words a
minute...

