



# DRIVING WITH DISTRACTIONS and CELLULAR PHONE USE WHILE DRIVING

*Prepared by Chief Executive Office, Risk Management Branch  
Loss Control and Prevention Section  
3333 Wilshire Blvd., Suite 1000, Los Angeles, CA 90010  
Call (213) 738-2269 for additional information*

---

## DRIVER DISTRACTION

Driver distraction is the most common cause of vehicle accidents. **These accidents are entirely preventable.** You must focus your attention on the road. Distractions occur inside and outside the vehicle. You should refrain from using cellular phones, eating, drinking, changing CDs, playing with the radio, putting on make-up, using laptop computers, brushing hair, taking notes or reading while your vehicle is in motion. Rubbernecking and looking at scenery are also leading types of distractions.

**Every second counts.** You travel 88 feet per second when driving 60 miles per hour.

## DRIVE DEFENSIVELY

Your safety and the safety of others on the road depends on you. Being in the right will not save you from an accident. You must be prepared for the unsafe actions of other motorists and for poor driving conditions.

## DANGERS OF DISTRACTED DRIVING

- Distracted-driving crashes killed more than 5,400 people and injured nearly 500,000 in 2009;
- Researchers report that texting while driving claimed more than 16,000 lives from 2001 to 2007;
- Reaction time is delayed for a driver talking on a cellular phone as much as it is for a driver who is legally drunk;
- Drivers who are texting take their eyes off the road 400 percent more than when they are not texting; and
- More texting leads to more crashes. With each additional 1 million text messages, fatalities from distracted driving rose more than 75 percent.

## CELLULAR PHONE SAFETY RECOMMENDATIONS

- ***Keep cellular phone use to an absolute minimum in your motor vehicle.*** Do not use your cellular phone in distracting traffic or in bad weather.
- If possible, pull over and stop the vehicle while using the phone.
- If you can make the call later, let it wait.
- Let your voice mail pick up your calls.