DISTRACTED DRIVING —
WE’RE ALL AT RISK
SAFETY ADVICE FROM AAA

What Is Distracted Driving?
Distracted driving is taking your hands off the wheel, eyes off the road or mind off driving. Any time you drive distracted, you greatly increase your risk of being involved in a crash. Common distractions include:
- Using your cell phone
- Texting
- Programming your GPS
- Eating/drinking
- Using a computer
- Reading
- Grooming
- Taking care of a child
- Looking at roadside incidents or scenery

Why Is Distracted Driving So Dangerous?
If you’re driving at 35 mph and take your eyes off the road for just two seconds, your vehicle will travel 100 feet in that time. At 70 mph, your vehicle will travel 200 feet.

What Is AAA Doing To Help?
AAA is advocating for a nationwide ban on texting, one of the most serious forms of distracted driving. Polls show that the vast majority of Americans support such a ban.

“80% of all crashes occur because drivers simply aren’t paying attention.”
— U.S. NHTSA study

How Can You Reduce Your Risk?
You can’t control the person in the vehicle next to you but you can control your own driving distractions. Here are some tips:
- Plan Ahead. Read maps, program your GPS or check traffic conditions before you get on the road.
- Don’t Use Cell Phones Or Other Electronic Devices. Hands-free devices can also be distracting.
- Pull Over If You Need to Attend to a Child or Pet.
- Don’t Eat And Drink Behind The Wheel.
- Be Road Ready. Adjust your seat, mirrors and controls before you leave.
- Dress Safely. Do make-up or comb your hair at home.
- Ask For Help. Let a passenger assist you so you can focus on driving.

BE SAFE — DON’T DRIVE DISTRACTED!