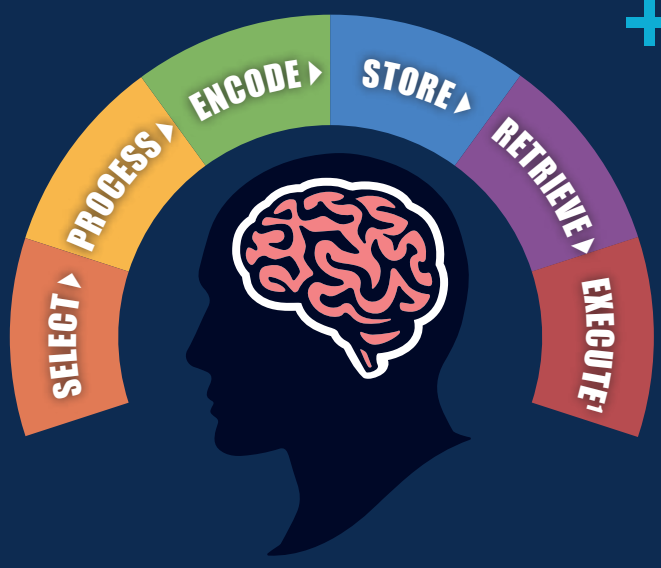
The Dangers of Distracted Driving

Civilians and law enforcement officers alike engage in distracted driving. Trying to multitask while driving is dangerous. Any non-driving activity that you engage in can cause potential distractions including eating and drinking, personal grooming, attending to a pet, or programming your gps while driving. Distracted driving kills roughly nine people every day, and more than 1,000 are injured in crashes involving distracted driving.[1]

Myth: Multi-tasking

Human brains cannot handle more than one task at a time.



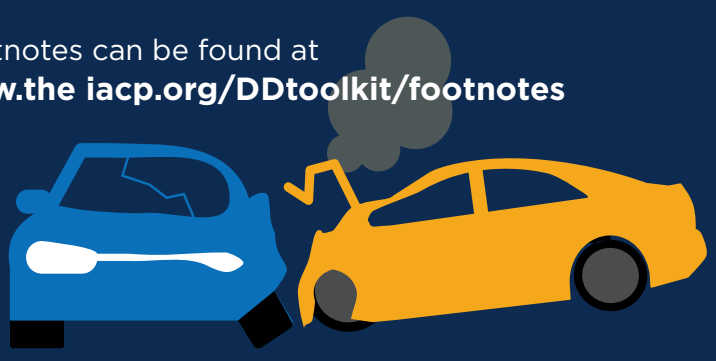
The brain goes through a specific process to deal with the information it is constantly taking in.[2]

>50% **Information in driving environment missed by drivers using cell phones.**[3]

Economic Impact

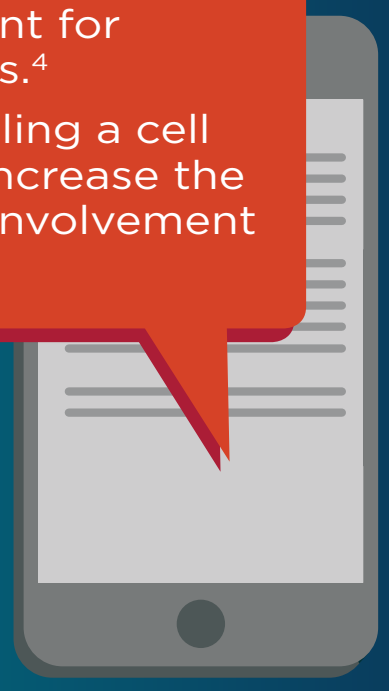
- **$40 billion**—estimated cost of distracted driving-related fatalities.[11]
- **$4.2 billion**—estimated societal harm costs due to distracted driving.[12]

Footnotes can be found at
www.the iacp.org/DDtoolkit/footnotes



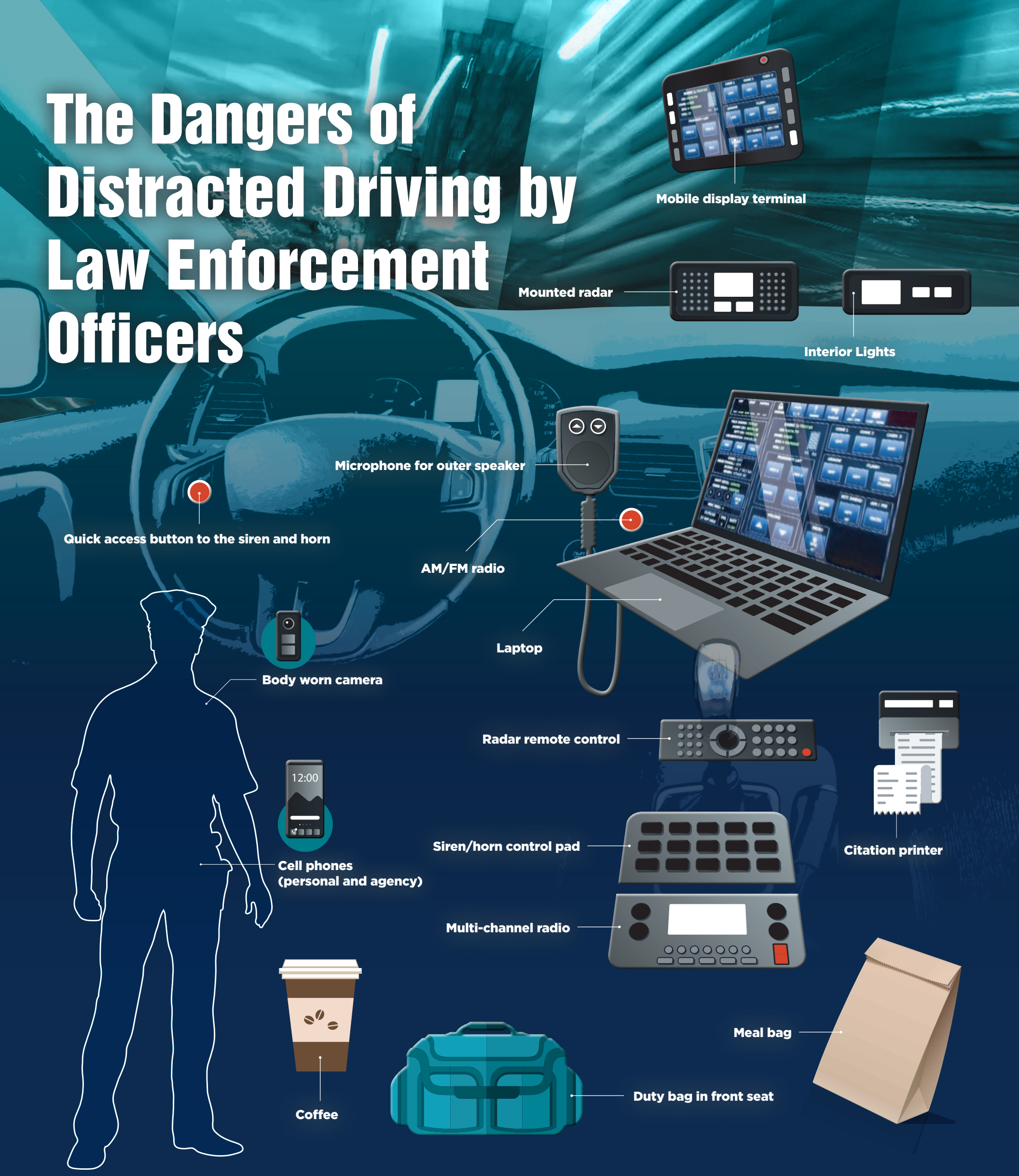
Numbers to Know

- **2x**—Texting or dialing while driving doubles the incidence of crash involvement for experienced drivers.[4]
- **8x**—Texting or dialing a cell phone drastically increase the incidents of crash involvement for novice drivers.[5]



- **36%**—Crashes that could be avoided if driver distraction was not a factor.[6]
- **9%**—Drivers at any point during the day who use their cell phones while driving.[7]
- **40%**—Drivers who have almost been in a crash because they were distracted.[8]
- **120 feet**—The distance required for a car to stop at 40 mph. A fraction delay can increase this distance by several car lengths.[9]
- **32**—Counties, as of 2019, have passed laws banning cell phone use while driving and Portugal banned the use of cell phones, hand-held and hands-free, while driving.[10]

The Dangers of Distracted Driving by Law Enforcement Officers



On average, it takes **five seconds to send or read a text message.** When going 55 mph with your eyes focused on your phone, during that time, a car can travel the length of a football field.[1]

Data retrieved from the Officer Down Memorial website; from 2016 through 2018, roughly **34 officers died in single-vehicle collisions on the roadway.**[2]

**This number includes vehicles that left the roadway or collided with an object as well as those that died due to injuries sustained due to the crash.*

The brain is not able to process two things at one time. While driving, the brain will switch between driving and the distraction, slowing down the reaction time.[3]

It takes **roughly 3/4 second to react to a perceived threat and an additional 3/4 second to act;** moving foot to break pedal. To slowdown from 55 mph, **it can take about 1.5 seconds or 4.5 seconds for your car to come to a complete stop.** Doubling your speed quadruples your stopping distance.[4]

People are **distracted up to 27 seconds** after they finish sending a voice text.[5]

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