



# Distracted Driving

Distracted driving is anything that takes your eyes or mind off the road. In the smartphone age, distracted driving is the most dangerous when drivers are using their cell phone behind the wheel.

Whether it is talking, emailing, texting, plugging in directions, using an app or scrolling through social media feeds, using a cell phone is not only dangerous, but also illegal.

In 2017, 3,166 people were killed in distracted driving related crashes across the country, or nearly 10 percent of all traffic deaths.

Using a phone to dial, talk or text triples the risk of a driver getting into a crash. Texting is the most alarming distraction. Sending or reading a text takes your eyes off the road for an average of 5 seconds. At 55 mph, that's like driving the length of a football field with your eyes closed.

Other serious driver distractions such as eating, grooming, reaching for objects on the floor, changing clothes or talking with passengers are just as dangerous. The safest thing drivers can do is put down the phone, focus on the road and just drive.



## Distracted Driving Prevention

- ✓ Never Text and Drive
- ✓ Silence your phone before you drive
- ✓ Pull over to safe parking spot to make a call
- ✓ Don't text or call someone you know is driving



# Cell Phone Law

-  Holding a phone while driving is illegal. Any electronic device must be used in a hands-free manner, such as speaker or voice commands. The law applies when at a stop sign or signal.
-  To use a phone while driving, it must be mounted on the dashboard, windshield (seven-inch square in lower right corner or five-inch square in lower left corner), or center console.
-  When the phone is mounted, drivers can swipe or tap the screen once to activate or deactivate a feature. It is illegal to swipe multiple times, enter information or text.
-  A first offense ticket is \$162, with additional offenses costing even more.
-  You may use your phone while holding it for true emergencies, like calling 911.

For additional driver safety tips and resources, visit [gosafelyca.org](http://gosafelyca.org).

Be part of the solution by resisting the urge to talk or text while driving and "Go Safely, California."