

# What is distracted driving?

Distracted driving is any activity that could divert a person's attention away from the primary task of driving...

**All distractions endanger driver, passenger and bystander safety. These types of distractions include:**

- Texting
- Using a cell phone or smartphone
- Eating and drinking
- Talking to passengers
- Grooming
- Reading, including maps
- Using a navigation system
- Watching a video
- Adjusting a radio or other audio device



## HOW TO AVOID THESE DISTRACTIONS



### Visual

Keep your eyes on the road  
Pull over to read directions  
Put your phone in "Do Not Disturb" mode



### Manual

Keep your phone out of reach  
Make all adjustments before driving  
Don't reach for items while driving

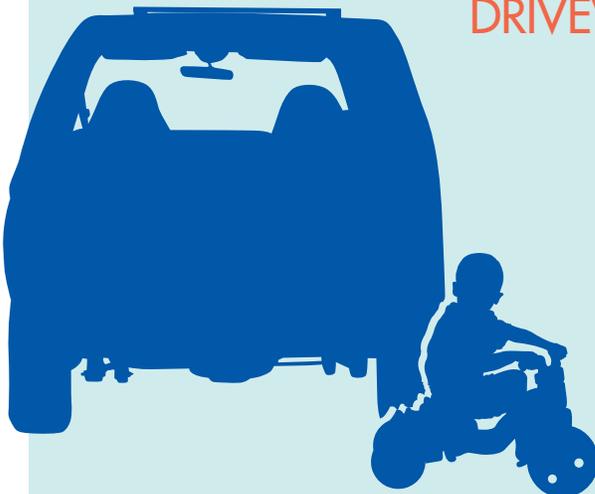


### Cognitive

Avoid phone calls even hands-free  
Stay focused on the road  
Keep your emotions in check

**By far, THE MOST DANGEROUS DISTRACTION IS TEXT MESSAGING** because it requires visual, manual and cognitive attention from the driver.

## DRIVEWAY & CAR SAFETY TIPS



1. Take a few seconds to walk all the way around the parked car to check for children and household pets, even when in a hurry
2. Make sure there is nothing that could attract a child under or behind the vehicle
3. Accompany small children to get in and out of a vehicle. Hold their hands while walking near moving vehicles in driveways, parking lots, or sidewalks
4. Make learning about safety fun! Make up songs while walking to teach them about safety

# More Safe Driving Tips

## CHILD & TEEN PASSENGER SAFETY TIPS



Children younger than 13 years of age are safest when placed in the back seat of a vehicle, according to the American Academy of Pediatrics (AAP)

NEVER place a rear-facing seat in the front seat of a vehicle due to airbags

All passengers ages 13 and older should wear a lap and shoulder belt when riding in the front seat. The front seat should be back as far as possible from the dashboard. Airbags are designed to work with the lap and shoulder belt to protect the occupant in a crash

For children in the back seat, insist that your child sit upright against the seat back, with the seat belt snug at all times

Never place a shoulder belt under arms or behind a child's back. Optimally, the child's feet should touch the floor

## STATISTICS & TESTIMONIALS

A new study suggests "children are a greater cause of distracted driving than cell phones, **12** times more to be exact... What was the most distracting act? Turning around to look at children in the backseat accounted for **76%**."

*Infanttech.com*

"Distracted Driving is thought to be at the cause of **8%** of all crashes. Adults are becoming the biggest threat. Research found that children are about **4** times as distracting to drivers as adult passengers are; while babies make it **8** times harder to concentrate."

*AAA Foundation for Traffic Safety*

If you text while you're behind the wheel, you're **20** times more likely to be involved in a crash than a non-distracted driver.

*Distraction.gov*

## CHILDREN SHOULD "PASS" A 5-STEP TEST IN ORDER TO USE A SEAT BELT



- 1 Back against the vehicle seat
- 2 Knees bend at edge of seat
- 3 Lap belt low on tops of thighs
- 4 Shoulder belt between shoulder & neck
- 5 Belt stays on through the entire trip

## RESOURCES

Children's Hospital & Medical Center  
Christa Thelen, MA, CPST-I  
Trauma Department  
[childrensomaha.org](http://childrensomaha.org) | 402-955-5400

Safe Kids Nebraska  
[safekidsnebraska.org](http://safekidsnebraska.org)

Douglas County Safe Kids Coalition  
[ChildrensOmaha.org/Main/Safe-Kids.aspx](http://ChildrensOmaha.org/Main/Safe-Kids.aspx)  
Nebraska DHHS [dhhs.ne.gov/publichealth](http://dhhs.ne.gov/publichealth)

## ADDITIONAL INFORMATION

Countdown 2 Drive ([countdown2drive.org](http://countdown2drive.org))

Distracted Driving ([distraction.gov](http://distraction.gov))

Driving the Right Message  
([parentsdrivethemessage.ne.gov](http://parentsdrivethemessage.ne.gov))

End Distracted Driving ([Enddd.org](http://Enddd.org))

National Highway Traffic Safety Administration ([nhtsa.dot.gov](http://nhtsa.dot.gov))

Students Against Destructive Decisions ([sadd.org](http://sadd.org))

Teens in the Driver's Seat ([t-driver.com](http://t-driver.com))