

Distraction dangers



Distracted?

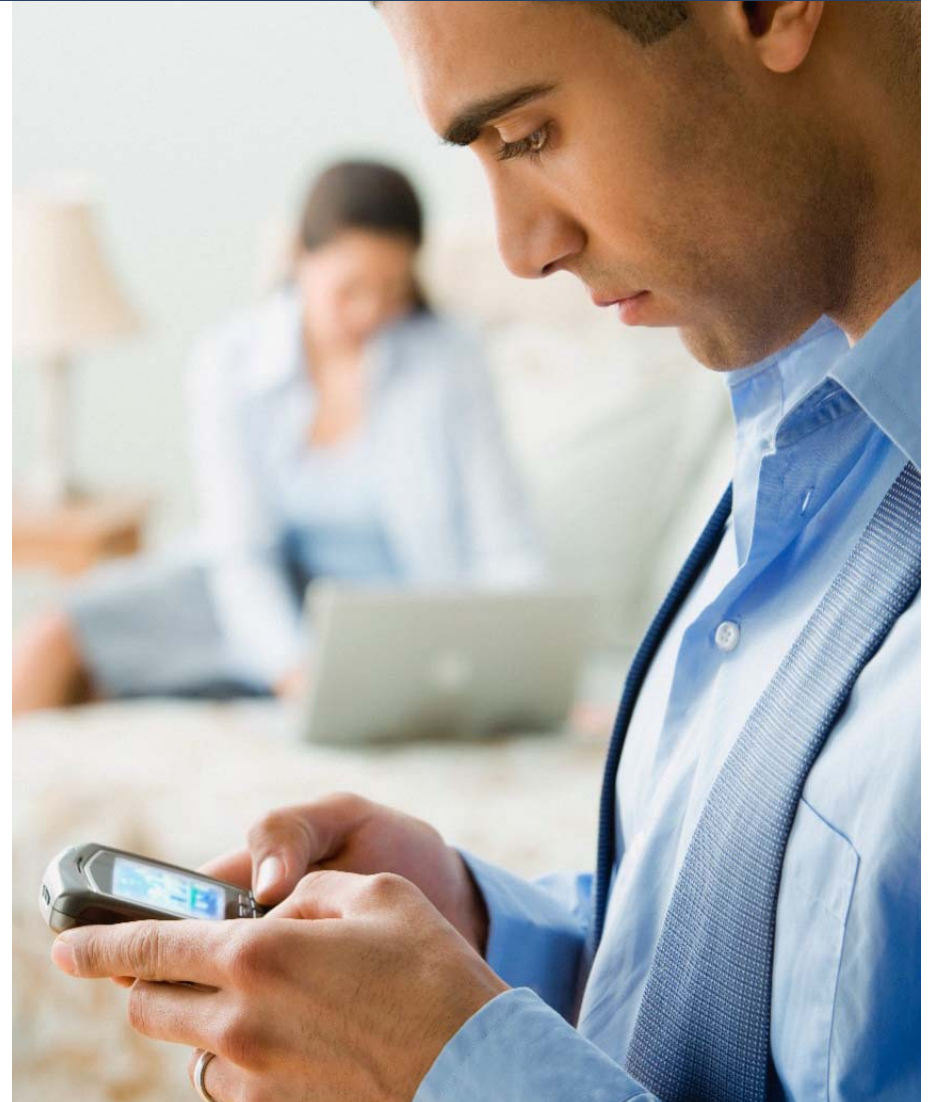
Portable electronic devices have changed how and how often we access, use and share information.

This seminar looks at how their use may be a dangerous distraction while driving or walking.

The multitasking myth

Multitasking could reduce efficiency and productivity by as much as 40%.

- It takes time for your brain to switch between tasks.
- The constant toggling tires the brain.



Distracted on the go

- Distracted driving contributes to 10% of crash fatalities overall and 18% of all crashes.
- Costs related to distracted driving may be as high as \$175 billion per year.
- More than 11,000 distracted walking injuries are reported each year.

Hands-free is not risk-free

Someone looking out the windshield while talking on a cell phone can miss seeing up to 50 percent of what's around them.

Young drivers are at particular risk:

- Drivers under the age of 20 have the highest proportion of distraction-related fatal crashes.



The perils of texting

- Texting takes your eyes off the road for 5 seconds.
- At 55 mph, that's like driving the length of a football field with your eyes closed.

States get serious

- 14 states and the District of Columbia ban drivers from handheld phone use.
- 46 states and the District of Columbia ban texting while driving. Two more states ban texting while driving only for new drivers.



Sources

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