## Distractions inside your Vehicle Stats and Facts

## **FACTS**

## Consequences of accidents caused by distractions inside a vehicle:

- 1. Using a phone for texting, calling, or browsing while driving is a major cause of accidents.
- 2. Trying to change radio stations, adjust volume, or interact with touchscreen entertainment systems.
- 3. Eating or drinking while driving can cause accidents when drivers take their hands off the wheel.
- 4. Applying makeup, combing hair, or adjusting clothing can lead to accidents.
- 5. Engaging in deep or emotional conversations with passengers can divert a driver's cognitive focus.
- 6. Looking for items like sunglasses, maps, or personal belongings can lead to accidents if drivers take their eyes off the road for too long.
- 7. Using apps unrelated to driving, such as social media or games, diverts cognitive attention.
- 8. Fatigue from lack of sleep or long hours can lead to cognitive distraction.

## **STATS**

- Eight percent of fatal crashes and 14 percent of all policereported motor vehicle traffic crashes in 2021 were reported as distraction-affected crashes.
- Five percent of all drivers involved in fatal traffic accidents in 2021 were reported as distracted at the time of the crashes.
- Seven percent of drivers 15 to 20 years old involved in fatal crashes were reported as being distracted at the time of the accident.

- The latest data available from the National Highway Transportation and Safety Administration (NHTSA) shows over 3,000 people were killed by distracted driving in 2020.
- 9% of all police-reported fatal crashes were distraction-related.
- 15% of all police-reported injuries and crashes were distraction-related.
- 3,142 people were killed and 424,000 people were injured by distracted drivers in 2020.
- 9% of 15 to 20 year old drivers involved in fatal crashes were reported as being distracted before the crash.
- Cell phone users are 5.36 times more likely to get into an accident than undistracted drivers.