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 police-reported 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.