

**ONE TEXT OR CALL COULD**

**WRECK**

**IT ALL**

# THE DANGERS OF DISTRACTED DRIVING



Texting takes your eyes  
off the road for 4.6  
seconds.

At 55 miles per hour,  
that's like driving an  
entire football field  
blindfolded.

**TEXT MESSAGING IS A VISUAL,  
MANUAL, & COGNITIVE DISTRACTION.**

## **VISUAL**

- READING
- USING A GPS
- WATCHING A VIDEO

## **MANUAL**

- EATING AND DRINKING
- GROOMING
- ADJUSTING THE VOLUME

## **COGNITIVE**

- TALKING TO PASSENGERS
- USING A HANDS-FREE PHONE
- ADJUSTING THE VOLUME

What you can't see can hurt you.