



# Distracted Driving

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Distracted driving is anything that takes your hands, eyes or mind away from driving. Distracted driving puts you, your passengers and others at risk, including other drivers, pedestrians, bicyclists and road crews.

Texting while driving is one of the most dangerous distractions because it takes your hands, eyes and mind off the wheel and road. According to the Occupational Safety and Health Administration, sending or receiving a text message takes a driver's attention from the road on average 4.6 seconds. At 55 miles per hour, that's like driving the length of a football field – with your eyes closed.

## Common driving distractions are

- Texting
- Adjusting car settings (radio/climate controls)
- Paying attention to passengers or kids in the backseat
- Dealing with unsecured pets
- Eating
- Even just daydreaming
- Applying makeup

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## To Stop Distracted Driving

Commit to these practices and speak up if you see others engaging in dangerous practices related to distracted driving:

- Turn your cell phone off while driving.
- Adjust the radio or other devices prior to driving or pull over to adjust.
- Keep music at a level that does not interfere with your ability to perceive surroundings.
- Complete grooming before entering the vehicle.
- Eat before you get behind the wheel.
- Secure young passengers and provide any snacks or entertainment before engaging the vehicle.
- Pull over into a safe zone if you need to use a cell phone or attend to potential distractions.
- Secure pets within the vehicle.

## The Facts About Distracted Driving



- Each year about 3,000 people in the United States die in crashes involving a distracted driver.



- Each day about nine people in the United States are killed in crashes reported to involve a distracted driver.



- The state of Florida, along with many other states, allows law enforcement to stop vehicles and issue citations to motorists for texting while driving.



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