

# DRIVER DISTRACTION FACTS

We've done the math. Distracted driving equals dangerous driving.

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45: The number of feet your car covers in one second at 50 km/h.

4: Talking on cellphones (hand-held or hands-free) while driving makes you four times more likely to crash.

.125: If you text while driving, you are just as impaired as someone with a blood alcohol content (BAC) of .125. The legal BAC limit is .08.

80: One study showed that nearly 80% of crashes involve some form of driver inattention within three seconds before the event.

50: Percentage of Canadians who are concerned about distracted driving.

8: Driver distraction is estimated to be a contributing factor in 8 out of every 10 police-reported crashes.

300: Number of items that a fighter pilot needs to keep track of in a regular, non-combat mission.

3,000: Number of items the average driver needs to keep track of during rush hour. (This includes signs, traffic lights, other vehicles, passenger and pedestrians, road and weather conditions, and more.)

# Stop Distracted Driving!

## TOP 10 TIPS

1. Never text and drive! Texting takes your eyes and mind off the road and your hands off the wheel.
2. Don't answer your cellphone or PDA messages while you are driving. Better yet, turn these devices off when you get into your car.
3. Tell everyone that for safety reasons, you no longer answer calls or respond to messages while driving.
4. Pull over somewhere safe if you need to make a call, check a message, deal with passengers, eat or drink, etc.
5. Manage your music and dashboard controls ahead of time and adjust them only when the car is stopped.
6. Adjust the seat, headrest, seatbelt, rearview mirror, temperature, radio, etc., to your liking before you drive.
7. Make sure you have clear directions and check them before you leave.
8. Be well-rested before getting behind the wheel.
9. Deal with distractions such as eating, putting on makeup, reading, combing your hair and checking messages before you hit the road.
10. Ask passengers to keep chatter to a minimum and help you navigate.

Visit [www.abc.ca](http://www.abc.ca) for more information on distracted driving.

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