

Driver Letter

A MONTHLY MESSAGE FOR DRIVERS
FROM THE [LOSS CONTROL ORGANIZATION OF THE HARTFORD](#)

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Are You a Distracted Driver?



Dear Driver:

According to the National Highway Safety Traffic Safety Administration (NHSTA) driver distraction is a factor in 80% of crashes. Distractions include inattention, drowsy driving, and being "lost in thought". The most common distractions for a driver include:

- Eating or drinking
- Adjusting the radio, CD, cassette, DVD, etc.
- Other occupants in the vehicle (Children, passenger, co-workers)
- Smoking
- Cell phone – talking, listening, dialing
- Texting on a cell phone
- Use of a navigation or GPS electronic device
- Hand held computers
- Adjusting the climate controls
- Looking at scenery
- Looking for route signs
- Automobile accident
- Highway construction
- Bee or insect in the vehicle

When your attention is diverted by a distraction, you must realize the possible consequences. At 30 mph if your attention is distracted for one second, you will travel 44 feet before your attention returns to the traffic picture. Your reaction time will take approximately $\frac{3}{4}$ of a second to move your foot from the gas pedal to the brake and you will travel another 33 feet. After you apply the brake, you will travel about 45 feet before you stop. The total distance, including the distraction, is close to 122 feet. The same example at 55 mph would require roughly 310 feet or more than the length of an entire



football field! What would you do if you were distracted and a child darted out between two parked cars?

Whenever you allow your mind to be distracted by a situation or condition outside of the traffic picture you are taking a calculated gamble that nothing will change until you return to the task of driving.

***Concentrate on Driving -
Protect Yourself and the Lives of your
Passengers as well as other Motorists and
Pedestrians.***

Resources

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