

TAKE THE PLEDGE

Choose to make a difference.

The fight to end distracted driving starts with you. Just like buckling up, it's a decision that saves lives. Make the commitment to drive distraction-free today.

Take the pledge to:

- **Protect lives by never texting or talking on the phone while driving.**
- **Be a good passenger and speak out if the driver is distracted.**
- **Encourage friends and family to drive phone-free.**

Save a life. Spread the word. Take the pledge to drive distraction-free and learn more about what you can do to promote safer roads for everyone at www.distraction.gov.

THE MYTH:

"I can do two things at once!"

With more technology now than ever, driver distractions have risen to unprecedented levels. We live in a world where people rely on instant, real-time information 24 hours a day, and those expectations don't stop just because someone gets behind the wheel.

Drivers still do not realize – or choose to ignore – the danger they create when they take their eyes off the road, their hands off the wheel, and their focus off driving. Driving is an activity that requires your full attention and focus in order to keep yourself and others safe.



www.facebook.com/OregonDOT/
www.oregon.gov/ODOT/TS

**SAVE YOUR LIKES
FOR LATER.**

**A DISTRACTED DRIVER
CRASH OCCURS EVERY
2.5 HOURS IN OREGON.**

**IT'S BETTER
TO STAY ALIVE
THAN TO STAY
CONNECTED.**

**DON'T TEXT OR TALK
ON YOUR PHONE
WHILE DRIVING.**

**IT COULD SAVE
YOUR LIFE
OR A FRIEND'S LIFE.**

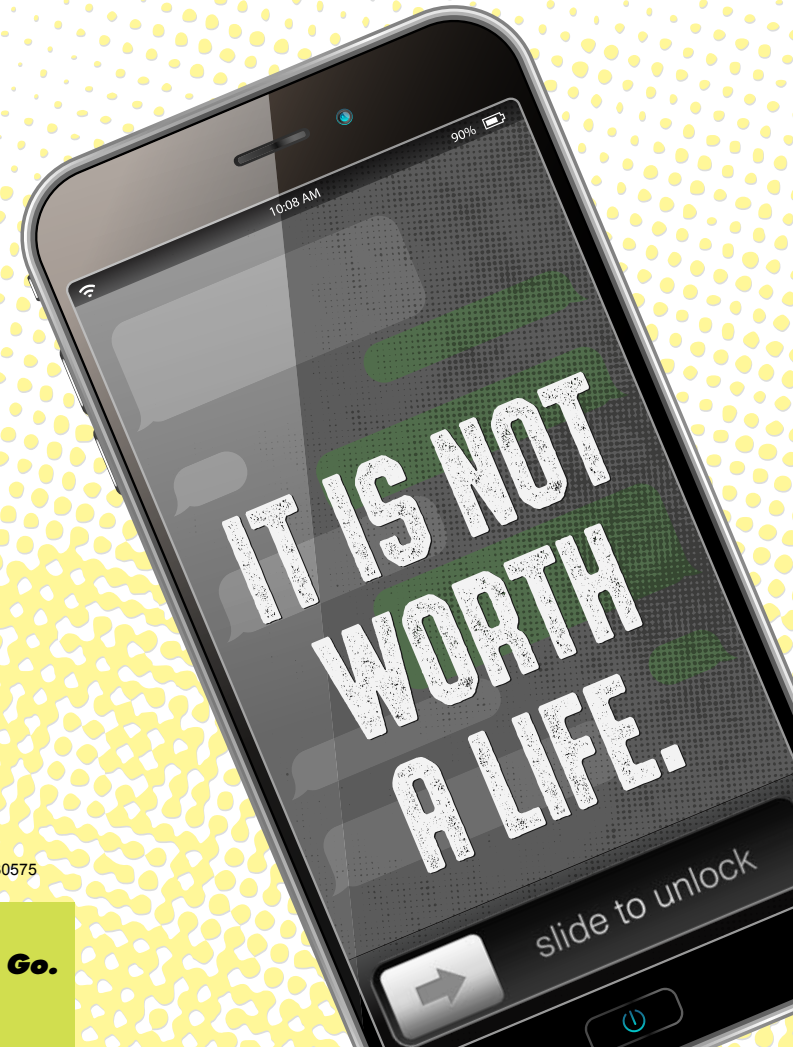


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DISTRACTED DRIVING

Eyes on the Road. Not on Your Phone.



Drive Without Distractions. The Way to Go.
Transportation Safety — ODOT

DRIVE DISTRACTION-FREE

Distracted drivers pose a deadly risk to everyone on the road. Drivers engage in a range of distracting activities from eating, grooming, reading, talking, or texting on their phones. Hands-free is not risk free, as dangerous mental distractions exist even when drivers keep their hands on the wheel and eyes on the road.

There are four types of driver distraction:



VISUAL

Looking at something other than the road



MANUAL

Handling something other than the wheel



AUDITORY

Hearing something not related to driving



COGNITIVE

Thinking about something other than driving

Distractions often involve more than one of these types, with both a sensory and a mental component.

"Distracted driving is any activity that could divert a person's attention away from the primary task of driving. All distractions endanger driver, passenger, and bystander safety."

— National Highway Traffic Safety Administration

DISTRACTED DRIVING LAWS PROTECT EVERYONE

Oregon's cell phone law prohibits the use of any mobile electronic device by drivers unless you are using a hands-free device (drivers under age 18 are banned from using any kind of mobile electronic device, hands-free or not). No driver of any age is allowed to text while driving. Oregon's law is a primary offense, so police can stop a driver just for violating this law. Drivers caught violating ORS 811.507 could face a Class B traffic violation with a presumptive fine of \$260 (maximum \$2,000) for the first conviction.

TIPS TO AVOID DISTRACTIONS

- **Turn it off and stow it.** Turn your phone off or switch it to silent mode before you get in the car. Then stow it away so that it's out of reach.
- **Use a cell phone app** that automatically notifies callers when you are driving and stops tempting notifications.
- **Pull over.** If you need to make a call, pull over to a safe area away from traffic.
- **Ask a passenger** to operate the phone for you while you're driving.
- **X the Text.** Don't ever text and drive, browse online, read your email or social media while driving. It's dangerous and against the law in most states. Even voice -to-text isn't risk-free.
- **Prepare your route.** If using a GPS device, enter your destination before you start to drive. If you prefer a map or written directions, review them in advance. Pull over to a safe area away from traffic if you need to review.
- **Mind the kids.** Pull over to a safe place to address situations involving children in the car.
- **Secure your pets.** Unsecured pets can be a big distraction in the car.
- **Focus on driving.** Multi-tasking behind the wheel is dangerous. Refrain from eating, drinking, reading, grooming, smoking, and any other activity that takes your attention off the road.

5 SECONDS

is the average time your eyes are off the road while texting. When driving at 55 mph, that is enough time to cover the length of a football field.

