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## THREE SECONDS. THAT'S ALL IT TAKES.

80% of all crashes and 65% of all near-crashes recently studied by the Virginia Tech Transportation Institute involved driver inattention within 3 seconds of the crash.

Check out these stats to learn how your behavior behind the wheel puts you at an increased risk for a crash.

Reaching for a moving object	9 times increase in risk
Driving drowsy	5 times increase in risk
Looking at an external object	4 times increase in risk
Reading	3 times increase in risk
Dialing a phone	3 times increase in risk
Applying makeup	3 times increase in risk

In 2007, 1,026 people died on the roadways of Virginia. There were 145,405 crashes and 68,822 people injured. Driver inattention was a leading factor in many of these crashes.

That's a big price to pay for a little distracted driving.

Keep your eyes and mind on the road.

## Top 10 Tips to Minimize Your Distracted Driving

1. **CHANGE YOUR WAYS** and recognize the activities that distract you; such as eating, conversing on the phone, or changing a CD. Once you recognize these distractions, you can work to eliminate them.

2. **MAKE A PLAN.** Know your route in advance and make sure that you have a good understanding of your directions. Check weather and road conditions. If you are transporting children, make sure that they are all properly buckled up and that you items to keep them occupied, such as books on tape or soft toys.

3. **MANAGE YOUR TIME** so that you do not have to multi-task or drive aggressively on the road.

4. **DON'T LET YOUR DRIVE TIME BECOME YOUR DOWN TIME.** Understand that driving is not your "down time" or a time to catch up on phone calls, personal grooming, or dining.

5. **SCAN** the roadway to make sure that you are aware of others on the road at all times. Be prepared for the unpredictability of others.

6. **CONCENTRATE** on your driving. Make sure that you are not upset or tired when getting on the road. This is not the time to have a serious or emotional conversation with your passengers.

7. **PULL OVER** if you need to do something that will take your eyes and/or mind off of the road. Make sure that you find a safe place to pull over first.

8. **REDUCE THE USE!** Use technology sensibly.

9. **TAKE A REFRESHER CLASS!** Everyone can pick up bad habits through the years. A driver improvement class can raise your awareness and help you assess your driving behaviors.

10. **BUCKLE UP, EVERY TRIP, EVERY TIME.** Making sure that everyone is properly buckled up is the best defense against distracted drivers.

**To learn more about distracted driving,  
visit [www.drivesmartva.org](http://www.drivesmartva.org) or call us at 804-340-2870.**

