






NEWS FLUSH

...in the know while you go



MELROSE
SUBSTANCE ABUSE
PREVENTION COALITION

THE THREE TYPES OF DISTRACTED DRIVING AND HOW TO AVOID THEM

 VISUAL	 MANUAL	 COGNITIVE
		
Keep your eyes on the road. Pull over to read directions. Put your phone in "Do Not Disturb" mode.	Keep your phone out of reach. Make all adjustments before driving. Don't reach for items while driving.	Avoid phone calls, even hands-free. Stay focused on the road. Keep your emotions in check.

In 2013, **3,154 were killed** in distract-
ed driving crashes, and approximately
424,000 people were injured.

31% of U.S. drivers ages 18-64 reported
that they had read or sent text messages or
email messages while driving at least once
within the 30 days before they were
surveyed.

The average text takes the driver's eyes off
the road for **5 seconds**. At 55mph that
is equivalent to driving the length
of a football field blind.

40% of American teens say they have
been in a car while the driver was using a
cell phone in a way that put people in
danger.

Drivers who use hand held devices are
4 times more likely to get into
crashes serious enough to injure
themselves.

The Safe Driver Law— signed into effect in 2010,
prohibits the use of mobile electronic devices (i.e. cell
phones) for operators under the age of 18 while driving.
Reporting an emergency is the only exception.

Steep penalties will be imposed if a Junior Operator is
found talking on a cell phone or writing, sending, or
reading text messages while driving.

- 1st offense—\$100, 60 day license suspension &
attitudinal course
- 2nd offense—\$250, 180 day suspension
- 3rd or subsequent offense—\$500, 1 year suspension

Have an idea for next month's issue?

Email the youth action team!! :)

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