

Are you DRUNK
or just TEXTING?

Sometimes driving can feel routine, but you can never be prepared for all the twists and turns while you're behind the wheel. By staying focused and distraction free, you could avoid problems on the road.

- Distracted driving is a contributing cause of 10% of fatal crashes and 30% of total crashes.
- Using your cell phone while driving makes you four times more likely to be in a crash.
- The reaction time of those who text message while driving decreases by 35%, making it much more difficult to avoid a crash.
- Texters are much more prone to drift out of their lane - their steering control is 91% poorer than that of attentive drivers.
- Texting while driving can be just as dangerous as drinking and driving!
- Drowsy driving, or operating a vehicle when your alertness is considerably lower than when you are well-rested, is responsible for approximately 1.5% of total crashes. This is an overlooked, yet very dangerous, driving habit.
- Being awake for 18 hours has a similar effect on your alertness as of having a BAC of .08 (the legal limit of intoxication) and leaves you at an equal risk for a crash.
- The chances of being in a sleep-related crash are greatest for those who are driving just 1 or 2 hours.

For more information, visit drivesafedrivesmart.missouri.edu!

DRIVE SAFE
DRIVE SMART