

Distracted Driving

What Most Drivers Don't Realize



2 sec.

A 2-second glance away from the road **doubles** crash risk.¹

23X

Reading/sending a text takes 4.6 seconds on average — increasing the risk of a safety-critical event by 23 times.²

4.6 sec.

At 55 mph, 4.6 seconds equals traveling the **length of a football field** with eyes off the road.



62%

of drivers believe taking their eyes off the road for **2+ seconds** is safe.³



68%

of drivers admit to **at least one** distracting behavior while driving.⁴

Ways to Limit Distraction

- ✓ Put phones in “Do Not Disturb” mode while driving
- ✓ Set up navigation and music before starting the vehicle
- ✓ Pull over safely if urgent communication is necessary
- ✓ Recognize personal stress triggers that lead to distracted behaviors



Keep your eyes on the road, avoid distractions and help create safer roads for everyone.

SOURCES:

1. Klauer, S. G., Guo, F., Sudweeks, J., & Dingus, T.A. (2010). *An Analysis of Driver Inattention Using a Case-Crossover Approach on 100-Car Data: Final Report*. Washington, DC: National Highway Traffic Safety Administration, USDOT. Report No. DOT HS 811 334.
2. Olson, R.L., Hanowski, R.J., Hickman, J.S., & Bocanegra, J. (2009). *Driver Distraction in Commercial Vehicle Operations*. Washington, DC: Federal Motor Carrier Safety Administration, USDOT. Report No. FMCSA-RRR-09-042.
3. State Farm. (2025). *Distracted Driving: A Survey of Consumer Perspectives and Behaviors*. Bloomington, IL.
4. State Farm. (2026). *The Costs of Distracted Driving*. Bloomington, IL.