

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



80%

of drivers aged 22-40 admit to at least one distracting behavior while driving.³



65%

of drivers aged 22-40 believe taking their eyes off the road for 2+ seconds is safe.³



4.6 sec.

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

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

¹Klauer, 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.

²Olson, 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.

³State Farm. (2025). Distracted Driving: Holiday Travel. Bloomington, IL.