



## DON'T TEXT & DRIVE

# Distracted Driving Kills. Don't Text & Drive

Driving while texting is particularly dangerous since it involves all three types of distracted driving:

- Visually you have your eyes on your phone and off the road.
- Manually you're handling the phone rather than keeping your hands on the steering wheel.
- Cognitively you're focusing on both the task of texting and the conversation rather than driving.

Driving while texting renders  
you incapable of focusing on  
the task at hand.

**DEVOTE  
YOUR FULL  
ATTENTION  
TO DRIVING.**



fact

A recent study shows that when drivers take their eyes off the road for more than two seconds their crash risk doubles. A driver using a cell phone is four times more likely to be in a crash than a driver focused on the road. (Source: Ministry of Transportation)