**Distracted Driving Talking Points for**

**Safety Stakeholders**

## How is Distracted Driving Impacting Our Roadways?

* Distracted driving is dangerous, claiming 3,142 lives on America’s roadways in 2020[[1]](#footnote-1).
* In 2019, distraction or inattention was the second most common large truck driver-related crash factor, accounting for 261 fatal crashes[[2]](#footnote-2).
* To reach zero deaths on America’s roadways, we must educate road users on the dangers of driving distracted.
* Eating, drinking, interacting with a navigational device, using your cell phone, reading maps, or any other activity that takes the focus off the road is considered distracted driving.
* The large size and weight of commercial motor vehicles (CMVs) increase driving challenges such as including acceleration, braking, and maneuverability. It’s critical CMV drivers stay focused while operating large trucks and buses.

## Safety Tips and calls to action

It’s important for everyone sharing the road to be aware of the dangers of driving while distracted. Before getting behind the wheel, remember the tips below.

* When driving your vehicle, prioritize safety and stay focused at all times.
* Texting takes your eyes, hands, and mind off the important job of driving safely. Avoid taking calls and texting while behind the wheel.
* Having a cup or food in your hand while driving can take your focus off the road. If you need to eat or drink while driving, pull over to a safe location for a break.
* Entering information on your GPS while driving is unsafe and can cause a distraction. Before hitting the road, review your route and set your navigation.
* Driving while tired can cause your eyes—and potentially vehicle—to drift. Get adequate sleep before leaving for your destination to stay focused while driving.

*Our Roads, Our Safety* helps improve safety on America’s roadways by providing safety tips to passenger vehicle drivers, CMV drivers, cyclists, and pedestrians.

* For downloadable resources on key safety topics, check out FMCSA’s Outreach Toolkit: [http://www.fmcsa.dot.gov/ourroads/outreach-toolkit](http://www.fmcsa.dot.gov/ourroads/outreach-toolkit?utm_source=talking_points&utm_medium=other&utm_campaign=distracted_field_toolkit).
* For additional resources specific to CMV drivers, check out the CMV Driver Toolkit: [http://www.fmcsa.dot.gov/ourroads/cmv-driver-toolkit](http://www.fmcsa.dot.gov/ourroads/cmv-driver-toolkit?utm_source=talking_points&utm_medium=other&utm_campaign=distracted_field_toolkit).
1. NHTSA Overview of Motor Vehicle Crashes in 2020 [↑](#footnote-ref-1)
2. FMCSA Large Truck and Bus Crash Facts 2019 [↑](#footnote-ref-2)