

**KNOW THE DANGERS**

**OF DISTRACTED DRIVING.**

**BUCKLE UP | PHONE DOWN**  
*Be safe Kentucky.*



### THREE TYPES OF DISTRACTION:



#### VISUAL

Taking your eyes off the road



#### MANUAL

Taking your hands off the wheel



#### COGNITIVE

Taking your mind off what you're doing

Any distraction can reduce driver safety, but texting is especially dangerous because it involves visual, manual and cognitive distractions.

#### AS BAD AS DRUNK DRIVING.

Cell phone use while driving delays reaction time as much as having a blood alcohol concentration at the legal limit of

**.08%**

#### ACTIVITIES THAT CAN DISTRACT DRIVERS:

- Reaching for an object
- Talking or listening to passengers
- Reading and/or writing
- Eating, drinking or smoking
- Grooming
- Use of electronic devices or music controls

### EVERY YEAR IN KENTUCKY, DISTRACTED DRIVING RESULTS IN:

OVER  
**50,000**  
CRASHES

OVER  
**15,000**  
INJURIES

NEARLY  
**200**  
DEATHS

### TEXTING AND DRIVING IS MORE THAN DANGEROUS – IT'S AGAINST THE LAW.



In Kentucky, texting and driving is illegal for all drivers.

Drivers under 18 are prohibited from using a cell phone in any capacity while driving – even if it's hands-free.

Drivers over 18 are permitted to use a cell phone, but not for texting.

If you are caught violating one of the laws described above, you can be pulled over by a police officer and receive a fine or citation