



The Dangers of Distracted Driving

The popularity of wireless devices has had some unintended – and sometimes deadly – consequences.

An alarming number of traffic accidents are linked to driving while distracted, including the use of cell phones while driving, resulting in injury and loss of life. The national statistics are sobering.

More than 3,300 people were killed in accidents attributed to distracted driving, and an estimated 290,000 people were injured in crashes involving distracted drivers in 2022, according to [the latest data from the National Highway Traffic Safety Administration](#) (NHTSA).

Also, according to NHTSA, drivers between the ages of 25-34 were responsible for the [highest percentage of distracted drivers](#) involved in fatal car crashes in 2022.

On April 1, 2024, the NHTSA launched their "[Put the Phone Away or Pay](#)" campaign to remind drivers of the deadly dangers of distracted driving and the potential legal consequences they could face.

What can you do?

Be clear: Make sure new drivers understand that they should not use wireless devices while driving. Before new drivers get their licenses, discuss how taking their eyes off the road – even for a few seconds – can cause someone with injury or even death.

Lead by example: Set rules for new drivers, and for yourself, regarding distracted driving. Never text while driving – if you are driving and you need to text or talk on the phone, pull over to a safe place before doing so.

Be engaged: Tell family and friends, about the importance of driving without distractions. Take information to your kids' schools and ask that it be shared with students and parents.

State laws

While there is no national ban on texting or using a wireless phone while driving, many states are taking action, according to the non-profit [Governors Highway Safety Association](#) (GHSA):

- 34 states, the District of Columbia, Puerto Rico, U.S. Virgin Islands, the Northern Mariana Islands, and Guam have banned drivers from hand-held phone use while driving.
- 49 states, the District of Columbia, Puerto Rico, U.S. Virgin Islands, the Northern Mariana Islands, and Guam have banned texting while driving for all drivers.
- 36 states and the District of Columbia prohibit all cell phone use by novice drivers.
- 25 states and the District of Columbia prohibit school bus drivers from cell phone use while driving.

For more information on state laws, visit the [Governors Highway Safety Association](#) (GHSA).

For more information and statistics about wireless devices and driving, visit <https://www.nhtsa.gov/risky-driving/distracted-driving>.



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