

The Dangers of Distracted Driving

The popularity of cell phones and other 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 eight people are either killed or injured daily in incidents reported as distraction-related crashes in the United States. The National Highway Traffic Safety Administration's (NHTSA) [distracted driving data for 2022](#) (the most recent year for which these data points are publicly available), yielded these statistics:

- Eight percent of fatal crashes, 12 percent of injury crashes, and 11 percent of all police-reported motor vehicle traffic crashes were reported as “affected by distracted driving.”
- There were more than 3,300 people killed and nearly 290,000 (estimated) people injured in motor vehicle crashes involving distracted drivers.
- In 368 fatal traffic crashes – 12% of all distraction-affected fatal traffic crashes – at least one of the involved drivers was using a cell phone at the time of the crash. A total of 402 people died in these crashes.
- At least 621 pedestrians, pedal cyclists, and others who were not inside a vehicle were killed in distracted driving crashes.
- The largest number of distracted drivers in fatal crashes in 2022 were in the 25-34 age group.

For more information and statistics about wireless devices and driving, visit [NHTSA's distracted driving web page](#).

What you can do

Teens: Speak up when you see a friend driving while distracted: Also, pledge to never drive distracted, and share safety messages on your social media accounts.

Parents: Lead by example: never drive distracted. Also, tell young drivers about the dangers of distracted driving, along with all of the responsibilities that come with driving. Have everyone in the family [sign the pledge to commit to distraction-free driving](#), and tell family and friends about it.

Educators and Employers: Share the message at your school or workplace about the dangers of distracted driving. Ask your students to commit to distraction-free driving, or set a company policy on distracted driving.

State laws

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

- 30 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.
- 48 states now include at least one category for distraction on police crash report forms.

For more information on state laws, consult your [State Highway Safety Office](#).

FCC's Consumer Help Center

For more information on consumer issues, visit the FCC's Consumer Help Center at fcc.gov/consumers.

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