

- In 2008, nearly 6,000 people lost their lives and more than half a million were injured in crashes in which at least one form of driver distraction was reported (NTSA).
- Using a cell phone or texting while driving increases your chance of getting into a crash by at least 400 percent.

## reduce driving distractions

# DANGERS

## of distracted driving

### Limit interaction with passengers

- Limit talking while driving.
- Keep your eyes on the road.
- Keep both hands on the wheel.

### Avoid driver fatigue

- Stay focused on the road.
- Don't daydream.
- Don't drive if you are tired.
- Share driving responsibilities on long trips.

### Don't drive when angry or upset

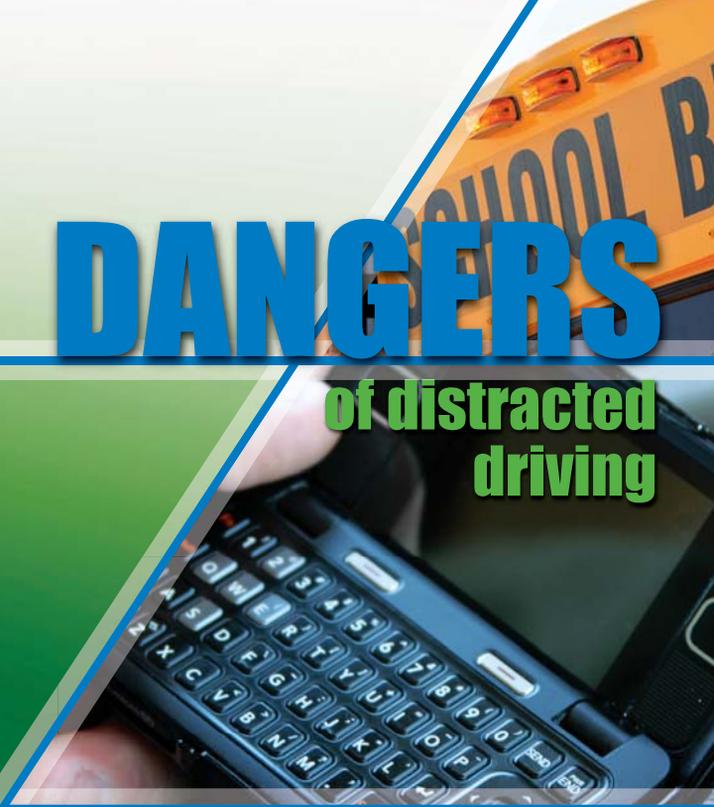
- Emotions can interfere with safe driving. Wait until you have cooled down or resolved problems before getting behind the wheel of a car.

### Avoid gawking

- Don't take your eyes off the road to look at a crash or other activity.

### If you need to use your cell phone

- Pull off the road and stop in a safe place to use your phone.



**JESSE WHITE**  
SECRETARY OF STATE

[WWW.CYBERDRIVEILLINOIS.COM](http://WWW.CYBERDRIVEILLINOIS.COM)



As Secretary of State, one of my top priorities is to promote a safer driving environment for Illinois motorists. That is why I formed the Distracted Driving Task Force in 2009, which led to passage of legislation banning text messaging while driving and cell phone usage while driving in school and construction zones.

The number of fatal crashes involving a distracted driver has increased from 8 percent in 2004 to 11 percent in 2008.

The first step toward reducing distracted driving is to increase public awareness about the importance of giving your full attention to the road. Please share this information with others and remember, always drive defensively.

*Jesse White*

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Secretary of State

Distracted driving involves any activity a person engages in that has the potential to distract him or her from the primary task of driving and increase the risk of a crash. There are three main types of driving distraction:

- Visual – taking your eyes off the road.
- Manual – taking your hands off the wheel.
- Cognitive – taking your mind off what you are doing.

Distracted driving activities include:

- Composing, sending or reading text messages.
- Dialing or talking on a cell phone.
- Changing the radio station, CD or MP3 player.
- Eating, drinking or smoking.
- Picking something up from the floor or between the seats.
- Writing or reading (including maps).
- Reaching for the glove compartment.
- Cleaning the inside of the windshield.
- Talking to passengers.
- Combing or brushing your hair.
- Putting on makeup.
- Putting in contact lenses or using eye drops.
- Shaving.
- Doing your nails.
- Using a PDA or navigation system.
- Watching a video.

While all these distractions can endanger a driver's safety and that of others on the road, texting is the most dangerous because it involves all three types of distraction — visual, manual and cognitive.

## texting and cell phone usage

### Illinois Laws on Text Messaging and Cell Phone Usage

- It is illegal to compose, read or send a text message at any time while driving in Illinois.
- It is illegal for anyone to use a wireless phone while driving in a school zone or in a construction or maintenance zone unless it is in voice-activated mode.

Check your area for local ordinances concerning the use of cell phones while driving; many Illinois communities have ordinances banning cell phone usage. Violation of either of these laws may result in a fine and a moving violation on your driving record.

### Cell Phone Ban for Drivers Under Age 19

It is illegal for drivers under age 19 to use a cell phone at any time while driving, unless in the case of an emergency. This law is part of Illinois' Graduated Driver Licensing provisions.