



# Special Teams

## Other Types of Impaired Driving

### Distracted Driving

**D**istracted driving occurs when a driver is delayed in the recognition of information needed to safely accomplish the driving task because something inside or outside the vehicle draws the driver's attention away from driving. Driver distractions contribute to one out of every four motor vehicle crashes. That's more than 1.5 million collisions a year or more than 4,300 crashes each day<sup>1</sup>!

#### Common driver distractions:

- Using a cell phone while driving
- Adjusting the radio, tape or CD player while driving
- Reading while driving
- Attempting to take off coats or change clothes while driving
- Conducting personal grooming while driving
- Allowing passengers to divert the driver's concentration from the road
- Eating or drinking beverages while driving

#### How to avoid driver distractions:

- Limit interaction with passengers
- Keep your eyes on the road
- Keep both hands on the wheel
- Avoid slowing down to look at a crash or other activity
- Pull off the road and stop in a safe place before making a call

1. Cyber Drive Illinois (2004). *Distracted Driving*. Retrieved on August 2, 2004 from the World Wide Web: [www.sos.state.il.us/departments/drivers/traffic\\_safety/distracted.html](http://www.sos.state.il.us/departments/drivers/traffic_safety/distracted.html)  
2. National Sleep Foundation. Retrieved on July 30, 2004 from the World Wide Web: [www.sleepfoundation.org](http://www.sleepfoundation.org)  
3. NHTSA (2005). *2005 Statistics from the Department of Transportation – NHTSA*. Released on April 20, 2006. Retrieved on August 10, 2006 from the World Wide Web: <http://www.nhtsa.dot.gov/nhtsa>  
4. NCSA (2003). *Traffic Safety Facts 2003: Pedestrians*. U.S. Department of Transportation publication number DOT HS 809 769, Washington, DC.

## Drowsy Driving

**F**alling asleep at the wheel is responsible for about 100,000 crashes, 40,000 injuries, and 1,500 fatalities every year in the U.S.<sup>2</sup>

### Causes of drowsy driving:

- Lack of sleep
- Driving patterns (e.g. driving between midnight and 6 a.m. or driving the same route repeatedly)
- Use of sedative medications
- Untreated or unrecognized sleeping disorders
- Use of alcohol or other drugs

### How to prevent drowsy driving:

- Get sufficient sleep before driving
- Avoid even small amounts of alcohol or other drugs
- Limit driving between midnight and 6 a.m.
- If drowsy, stop and either let a passenger drive or stop in a safe place to sleep before continuing
- Schedule proper breaks, about one every 100 miles

## Aggressive Driving

**A**ggressive driving is driving in a manner that endangers or is likely to endanger persons or property.

### Signs of aggressive driving:

- Speeding
- Running red lights and stop signs
- Tailgating
- Passing on the shoulder of the road
- Cutting off another vehicle
- Slamming on brakes in front of a tailgater
- Improper hand or facial gestures at other drivers
- Yelling
- Repeatedly honking the horn
- Repeatedly flashing the headlights

### How to avoid aggressive driving:

- Don't let stress and frustrations get the best of you while driving
- Be patient and courteous
- Do not drive when angry, overtired, or upset
- Allow extra time to get to your destination
- When possible, change your schedule to avoid traffic congestion
- Listen to relaxing music
- Give other drivers the benefit of the doubt — all drivers make mistakes
- Avoid conflict and confrontation, even if you are right

## Sharing the Road

**I**n 2005, there were 720 bicyclists killed and 45,000 injured in crashes with motor vehicles<sup>3</sup>. In addition, data from 2003 shows that 4,749 pedestrians were killed and 70,000 injured in crashes with motor vehicles in the U.S. because of unsafe practices<sup>4</sup>. No matter the form of transportation, everyone must follow safety guidelines to guarantee a safe arrival.

### What you can do:

#### As a bicyclist:

- Signal all turns and allow plenty of space for turning or passing
- “Drive” your bicycle as you would a vehicle
- Obey the rules of the road and warn others of your approach
- Be courteous and cooperative with all other road users
- Never assume that the driver can see you

#### As a motorist:

- Obey all the rules of the road at all times
- Slow down at crosswalks and in school zones
- Treat bicyclists like slow moving vehicles and expect them to act as vehicles
- Be courteous and cooperative with all other road users, including pedestrians
- Allow at least three feet of passing space between the right side of your vehicle and a bicyclist

#### As a pedestrian:

- Make eye contact with the driver even when you have a “walk” signal or right of way
- Wear bright clothing when walking at night and approach street crossings cautiously
- Never assume that the driver can see you
- Only use portable audio devices after you have crossed the street or are out of the area of traffic to remain alert to approaching traffic