

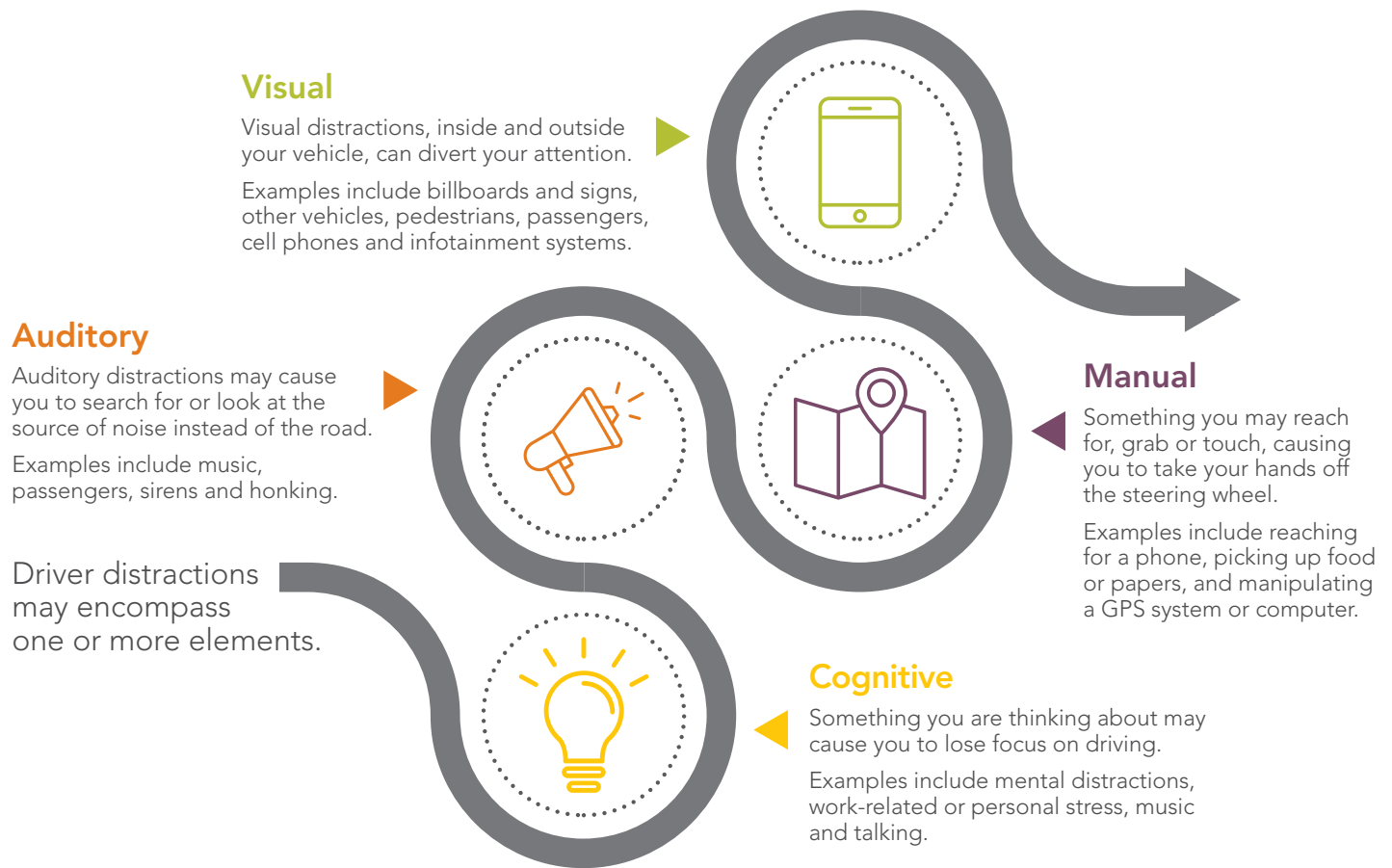


# The Driver: Understanding Driver Distractions

In 2020, almost **3,000** fatal and **205,000** nonfatal distraction-related motor vehicle accidents occurred in the United States<sup>1</sup> and in some parts of Canada, surpassing those caused by impaired driving.<sup>2</sup>

**As a commercial motor vehicle driver, you are<sup>3</sup>:**

- 6x more likely to be involved in a safety critical event when participating in hand-held browser activities
- Nearly 6x more likely to be involved in a safety critical event when reaching for an object
- Over 4x more likely to be involved in a safety critical event when you take your eyes off the road for longer than two seconds



<sup>1</sup> <https://injuryfacts.nsc.org/motor-vehicle/motor-vehicle-safety-issues/distracted-driving/>

<sup>2</sup> Traffic Injury Research Foundation, 2019: <https://tirf.ca/road-safety/distracted-driving/>

<sup>3</sup> Safety critical events include crash, near-crash, crash-relevant conflict, or unintentional lane deviation events. According to recently published data from Virginia Tech Transportation Institute, studies show that particular distracting tasks have an increased likelihood for at-fault accidents to occur. To learn more, please reference: [Analysis of Naturalistic Driving Data to Assess Distraction and Drowsiness in Drivers of Commercial Motor Vehicles](#) (published August 2021)