



ABOUT US

Our mission is to protect life and property, promote traffic safety and provide professional public safety services with respect, compassion, and unbiased professionalism.

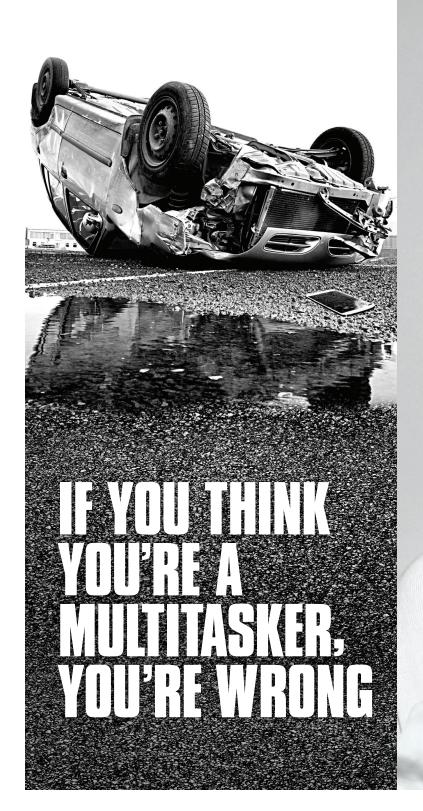
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Ohio State Highway Patrol P.O. Box 182074 Columbus, Ohio 43223

Sources: Ohio State Highway Patrol; Centers for Disease Control and Prevention; Distraction.gov; National Safety Council; NHTSA

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For everyone,
it's illegal to text and
drive. Adults are allowed
to talk on a cellphone or
use a hands-free device.
If you're 17 years or younger,
you can't use an electronic
wireless communication
device in any manner.

YOUR BRAIN CAN'T ACTUALLY DO TWO THINGS AT ONCE. HERE'S WHY:

Whether you think you're a good multitasker or a bad multitasker, the truth is the brain doesn't really multitask at all; it actually switches focus between one task and another at a rapid pace. It may feel as though you're simultaneously handling information, but your brain is actually missing details without even realizing it. This may not matter when it comes to mundane tasks, but if you're driving, this can be the difference between life and death. Missing details means your reaction time is slower, and a crash can happen in a fraction of a second.

COGNITIVE DISTRACTIONS CAN EVEN AFFECT YOUR VISION

Cognitive distractions — any distraction that interrupts your thought process — can overload the brain, causing something called "inattention blindness." This means your range of vision can narrow to a fraction of what it is under attentive circumstances. You can't react to what you don't see, nor can your brain process quickly, so your response time to dangerous situations becomes much slower.

When
you text while
driving, your eyes
are off the road for
an average of
5 seconds.



That's like driving the length of a football field, blindfolded, at 55 mph. In 2018, 51 people died and 6,860 people were injured in crashes involving distracted driving in Ohio.

OCCIPITAL LOBE

Processes and interprets visual information while driving Scientists have found that its ability to function decreases during conversation.

YOUR BRAIN IS AT ITS BUSIEST WHEN YOU'RE DRIVING

We drive so frequently the task becomes second nature, but there are always decisions being made internally. Using multiple parts of the brain, you're judging spatial relationships, accelerating, changing lanes, anticipating other drivers and braking. Here's a look at how your brain handles the load.

SO HOW CAN I AVOID DISTRACTED DRIVING?

- 1. Turn your cellphone off and leave it out of sight.
- 2. Properly secure loose objects in your vehicle to prevent them from rolling around.
- **3.** Secure children and restrain pets. Pull over and stop if you must assist them.
- **4.** Program your destination into your GPS before you begin your drive.
 - 5. Create playlists before you begin driving to avoid the need to change music en route.

PARIETAL LOBE

Controls spatial analysis, unifies information sent by your senses to create a reaction, and switches your brain to different tasks.

This area of the brain integrates all the information sent by your senses to deliver a response, such as putting your foot on the brake. Driving and having a conversation at the same time can decrease activity in this part of the brain by as much as 37 percent.

AM I SAFER IF I TALK ON THE PHONE USING A HANDS-FREE DEVICE?

While using a hands-free device is a slightly better alternative, they still limit your cognitive function while driving. When your mind is focused on the conversation, you are less likely to anticipate and react to unexpected occurances on the road.

WHAT IF I ONLY TEXT WHILE I'M STOPPED AT A RED LIGHT?

This may sound like a safer option, but it still creates substantial cognitive distraction. You may have finished sending your text when the light turns green, but your brain is still processing the conversation, anticipating a response, and your eyes are probably still wandering back and forth between the road and your cellphone screen, thus drastically limiting your primary functions and ability to process external changes around you.

FRONTAL LOBE

Analyzes, assesses and responds to risk

Responsible for your decision making and judgement, this area of the brain doesn't fully mature until you'r in your 20s. This is one of the reasons teenagers are so prone to crashes. It also handles impulse control, a task cellphones have been found to interrupt.