

**The most common cause of work-related fatalities in Iowa is transportation incidents (including motor vehicle crashes).**



Thousands of people die needlessly each year because people continue to use their handheld or hands-free cell phones while driving. In 2012, 3,328 people were killed and 421,000 were injured in crashes involving a distracted driver. According to one study, driving while using a cell phone reduces the amount of brain activity associated with driving by 37 percent. And the National Safety Council found that people talking on cell phones or sending text messages cause more than one out of every four traffic collisions.

**Join the IDPH Occupational Health and Safety Surveillance Program in speaking up about the dangers of distracted driving during Distracted Driving Awareness Month – April 2014.**

- Stop using cell phones while driving
- Recognize that hands-free devices offer no safety benefit
- Understand the dangers of distraction to the brain
- Tell others about the dangers of cell phone and other distracted driving

Activity (task)	Odds Ratio
text message	23.23
other – complex task (e.g., cleaning side mirror, rummaging through grocery bag, etc.)	10.07
interact with/ look at dispatching device	9.93
write on pad or notebook	8.98
use calculator	8.21
look at paper map	7.02
use/reach for other electronic device (video camera, 2-way radio)	6.72
dial cell phone	5.93
other-moderate task (e.g., opening pill bottle to take medicine, exercising in cab)	5.86
personal grooming	4.48
read book / paperwork / newspaper	3.97
reach for object in vehicle	3.09
talk on or listen to cell phone	1.04

*“A 37-year-old diesel mechanic employed by a railroad transportation company died when his loaded utility truck collided with the rear of a semi-trailer on a four-lane interstate highway....*

*Law enforcement officers’ examination of the phone activity revealed the mechanic had exchanged several voice/text messages prior to the crash and was initiating a voice/text message application at the time of the collision. The driver’s failure to notice the tractor trailer ahead and stop in time was attributed to texting.”  
IA FACE Report 2012IA041*

**Table: Increased risk of crash or near-crash due to distracting activity while driving (FMCSA, Olson, 2009)**

The full Iowa FACE Report highlighting the distracted driver fatality quoted above can be found at [www.public-health.uiowa.edu/face/Reports/IDnumber.html](http://www.public-health.uiowa.edu/face/Reports/IDnumber.html).

You can find additional distracted driving resources at [http://www.nsc.org/safety\\_road/Distracted Driving/Pages/DDAM.aspx](http://www.nsc.org/safety_road/Distracted_Driving/Pages/DDAM.aspx) or [www.distraction.gov/teens/](http://www.distraction.gov/teens/)



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