

Thousands of fatal accidents have been linked to distractions like texting

By improving their driving skills, teen drivers can reduce their risk of serious injuries.

Doctors at Shriners Hospitals for Children say motor vehicle crashes are the No. 1 cause of death for those between the ages of 16 and 24. Motor vehicle crashes are also the leading cause of spinal cord injuries in all age groups.

Being aware of the risk factors and improving driving skills may help reduce this risk-especially for young drivers. Factors that contribute to crashes include driver inexperience, distractions, speeding, peer pressure, driving with other teens in the car, and the use of alcohol and illegal drugs.

Tips for Safe Driving:

- □ Use your side and rearview mirrors every five to seven seconds.

- □ Never write, read or send text messages while driving. Thousands of fatal accidents have been linked to distractions like texting.

- □ Always have a safety zone or safety hole: a space to your left or right to drive into during an emergency.

For more information on safer driving, you can visit www.shrinershospitalsforchildren.org.

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What Teen Drivers Need to Know

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