

# DISTRACTED DRIVING

## WHAT YOU SHOULD KNOW!

### WHAT IS DISTRACTED DRIVING?

ANY activity that can take a person's attention from the primary task of driving



### THREE TYPES OF DISTRACTION:

#### COGNITIVE DISTRACTION



Cognitive distraction occurs when a driver diverts his or her attention to another mentally demanding task, like talking on a hands-free cell phone and using a voice-activated electronic system.

#### VISUAL DISTRACTION



Visual distractions are the most common type of distraction – basically, anything that takes a driver's eyes from the road. It could be looking for items in the vehicle, or looking down at a device to view a text or watch a video.

#### PHYSICAL DISTRACTION



A manual distraction involves the driver taking their hands off the steering wheel for any reason, such as changing the radio station, sending a text message, or eating that breakfast burrito on the way to work or school.

# THE FIGHT TO END DISTRACTED DRIVING STARTS WITH YOU!

## KNOW THE FACTS:

- **Texting** is considered the most dangerous form of distraction because it involves all three types (cognitive, visual, and physical).
- The **impairment** caused by a person using a cell phone while driving can be as extreme as a drunk driver.
- You're **23 times** more likely to crash if you text while you drive.
- Distractions aren't just phones. Other dangerous distractions can include: eating, grooming, reading, smoking, interacting with car infotainment systems, adjusting the radio, and **PASSENGERS**.

## WHAT CAN YOU DO?

### **NEVER TEXT OR TALK ON YOUR CELL PHONE WHILE DRIVING:**

Even though hands-free systems seem helpful, they're not the solution. Keep your mind on the road.

**MAKE A PLAN:** Know where you are going before you get in the car. Program the GPS before you drive. Check weather and road conditions beforehand to be prepared.

**MANAGE YOUR TIME:** Don't be in such a hurry that you have to speed or drive aggressively on the road.

**SCAN AND LOOK AHEAD:** Look down the roadway to make sure that you are aware of others on the road at all times. Be prepared for the unpredictability of others.

**CONCENTRATE:** Think about what you are doing while driving. Make sure you are not upset or tired when getting on the road. Keep passengers quiet and calm.

**PULL OVER:** If you need to do something that will take your eyes and/or mind off of the road, pull over and stop first. Do not reach or lean while driving.

**SLOW DOWN:** Drive at a safe speed so you can be aware of what other drivers are doing and have time to react.

**BUCKLE UP:** Always wear your seat belt and make sure all passengers are buckled up, too. You are less likely to be distracted or involved in a crash if you and your passengers are secured in your seat.

