

# Distracted Driving

There are 3 main types of driving distractions:

1. **Visual** - taking your eyes off the road
2. **Manual** - taking your hands off the wheel
3. **Cognitive** - taking your mind off what you're doing



Distracted driving is any non-driving activity a person does that may distract him or her from the primary task of driving and increases the risk of crashing. Almost 6,000 people died and 500,000 were injured from driver distraction crashes. 2,500 of those were caused by cell phone use.

## distractions include:

- Using a cell phone
- Eating and drinking
- Talking to passengers
- Grooming (*fixing hair, putting on make-up*)
- Reading (*including maps*)
- Using a PDA or GPS
- Watching a video
- Changing a radio station, CD, or MP3 player

**Your #1  
priority should  
be the road,  
NOT a  
conversation.**

Teen drivers have proven to be more impulsive and pay less attention on the road. Using a **cell phone** while driving quadruples your chances of being in an accident. This type of distraction causes you to not see 50% of the objects in front of you and slows your reaction time by 35%. (*Giving you the reaction time of a 71-year-old.*)

**Hands-free Calling** is not much better than using a cell phone. *It's the conversation, not the technology that is the most distracting.* Talking on the phone uses the same brain activity that is used to navigate a car on the road. When paying attention to sound, instead of surroundings, the part of the brain that helps you to see is decreased. It doesn't matter how many hands are on the wheel if you're not paying attention to the road.