

Distracted Driving

THERE ARE THREE KINDS OF DISTRACTED DRIVING.



Texting involves all three.

VISUAL DISTRACTION

Doing something that requires the driver to look away from the roadway



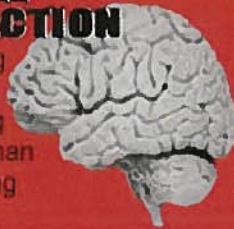
MANUAL DISTRACTION

Doing something that requires driver to take hands off of the steering wheel



MENTAL DISTRACTION

Thinking hard about something other than driving



VISUAL

Do you ever change the radio, groom yourself, read a map or check your phone? Do all of this before driving so it is not a distraction. Keep your eyes on the road at all times.

MANUAL

Do you ever feel the need to eat, drink, or reach for something while you are driving? Eat and drink somewhere off the road. If you need to find something, pull over to search for it.

MENTAL

Do you ever daydream or become unfocused? Pull over. Stretch your legs, get a few deep breaths, and refocus before continuing driving.

Did you know?

Texting while driving is the same as driving after 4 beers.

-National Highway Transportation Safety Administration



Prevent Distracted Driving!

- **Be ready and willing** to drive without your technologies (phones/MP3s/etc).
- Use your visual, manual, and mental **focus**.
- **Pay attention** to what you are doing and do not let your mind wander.
- **Know your limits**. If you are exhausted, too distracted, or unfocused, do not drive.
- Help educate friends and family on the **dangers of distracted driving**.

