Distracted Driving
Driving while also engaging in an activity that takes your eyes off the road, your hands off the wheel, and your mind off your primary task – driving safely.

Visual distractions include:
- Texting
- Dialing a phone
- Reading
- Grooming
- Gazing at an accident
- Looking at a GPS
- Selecting music

Manual distractions include:
- Eating
- Drinking
- Picking up items in the car
- Texting
- Using a GPS
- Changing music
- Holding a cell phone
- Grooming

Cognitive distractions include:
- Thinking about a conversation
- Feeling upset
- Wondering if directions are accurate
- Planning a presentation for work
- Talking on the phone
- Thinking about items in the car

Sharing the Road Safely With Distracted Drivers

Remember 10 - 4
- Scan road 10 seconds ahead
- Maintain 4 seconds of following distance
- Scan all 4 sides of your vehicle

Slow down.
Pull over to:
- Call 9-1-1
- Write down the license plate number

Don’t try to get their attention!