

STAY ALERT AND AVOID DISTRACTIONS

Distracted Driving

There are three types of distractions:

- **Manual** distractions cause drivers to take their HANDS off the wheel.
- **Visual** distractions cause drivers to take their EYES off the road.
- **Cognitive** distractions cause drivers to take their MINDS off the road.



Using a cell phone involves ALL three types of distractions at the same time:

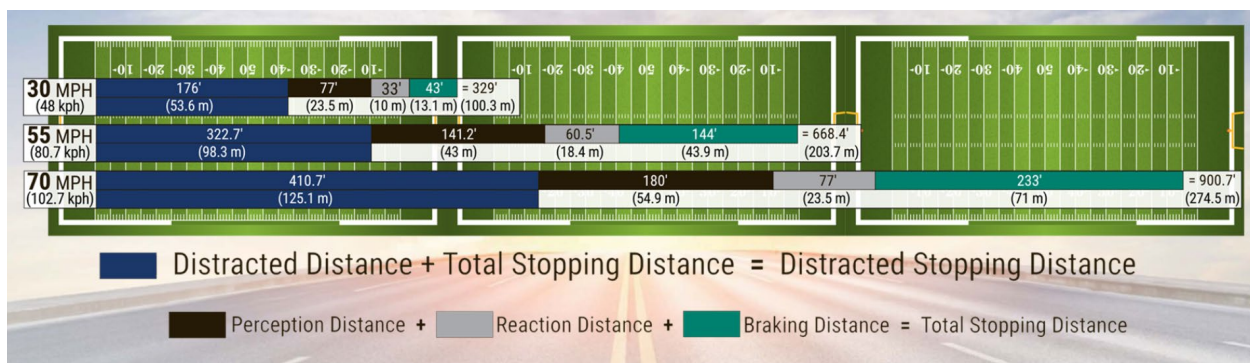
When you are driving, there are some distractions that we may not think about-

Music – GPS – Adjusting temperature control – Passengers –
Reaching for drink or food – Smoking – Children in car

A typical distraction is 4 seconds, however looking at a cell phone is usually longer.

If you are traveling at 55mph, your vehicle would travel 323 feet in the time that you were distracted and not in control of your vehicle. It is equal to more than a football field!

Distance Traveled While Distracted



How to avoid distractions:

Adjust vehicle controls such as mirrors, seat, radio, air condition prior to driving. Plan and program GPS before starting. Do not multi task, such as reading, writing notes, reaching for food or drinks. Do not reach down or behind seat to pick up items or look for items. Pull over to safe area to receive call or text message.