



Distracted Driving

Introduction:

Driving is one of the most dangerous tasks that you will perform.

Distracted Driving is one of the leading causes of traffic accidents. The Department of Transportation has reported 11,344 deaths and nearly 1,000,000 injuries that have been attributed to some form of distracted driving for the years 2008 and 2009.

Types of Distractions:

- **Visual** – Anything that removes your eyes from the roadway.
- **Manual** – Anything that removes the driver's hands from the steering wheel or feet from the pedals.
- **Cognitive** – Any distraction that causes driver to lose mental focus while operating a vehicle.

Anytime the driver is visually, manually, or cognitively distracted, he/she is more likely to be involved in an accident. All distractions fall into one of the categories listed above, but most distractions fall into more than one category.

While all distractions can endanger driver and passenger, **texting** and the **use of electronic media** are the fastest growing contributors to vehicle accidents and roadway deaths.

Any manner of electronic media (handheld or hands free) delays the driver's reaction time as much as having a blood alcohol concentration of .08, which is legally intoxicated.

Be conscientious of the local, state, and federal regulations regarding the use of cell phones while driving.

Common Distractions include:

- Texting
- Use of electronic media (i.e. cell phones, company radios, iPads, PDAs, and computers, etc.)
- GPS
- Eating & Drinking
- Social Networking
- Video Monitoring
- Music Search
- Reading (Books/Maps)
- Grooming
- Internet Research

Test Questions for Distracted Driving

1. Distracted driving attributed to 11,344 deaths in 2008-2009.
True
False
2. The 3 categories of distractions are Visual, Manual, and Cognitive.
True
False
3. Eating while driving is not considered as a form of distraction.
True
False
4. Texting and the use of electronic media is the fastest growing contributor to vehicle accidents and roadway deaths.
True
False

Answers: 1- T; 2- T; 3- F; 4-T

