



DISTRACTED DRIVING

Talking Points:

What is Distracted Driving? ANY ACTIVITY THAT DIVERTS ATTENTION FROM DRIVING!

Three Types of Distractions

1. **Manual** – taking your hand or hands off the wheel
2. **Visual** – taking your eyes off the road
3. **Cognitive** – mentally distracted from the task of driving

Examples of Distracted Driving

1. Manual:

- a. Texting
- b. Talking on the phone
- c. Eating and drinking
- d. Adjusting controls (radio, GPS, temperature, mirrors)
- e. Reaching for items

2. Visual:

- a. Texting
- b. Checking GPS
- c. Adjusting controls (radio, temperature, mirrors)
- d. Turning to look at passengers

3. Cognitive

- a. Texting
- b. Talking on phone
- c. Emotional stress
- d. Complacency
- e. Impaired Driving
- f. Riding with pets

Tips to Help Reduce Distractions

1. **PUT THE PHONE AWAY!** Store it in the glove box or shut it off. If you need to make a call or answer a text, pull over when it is safe to do so.
2. Set essential controls before hitting the road
3. Enter in GPS coordinates before you leave
4. Review your route beforehand, which can limit the need to concentrate on the GPS
5. Secure your pets
6. Prep at home – do not use your commute as an extension of your day!
7. Buddy System – if you have passengers have them be responsible for your phone and ask them to share the awareness of the road.
8. Drive Thru, Pull Over – if you pick up food on the go, pull over to eat it. This will give you time to eat safely and check any messages or make phone calls.

ASK YOURSELF: Is this distraction worth my life, the lives of my passengers, or everyone else on the road?

For more safety tips and courses, visit [ndsc.org](https://www.ndsc.org)