

## **DISTRACTED DRIVING**

Distracted driving is anything that causes the operator to take their attention away from driving, take their eyes off the road, or take their hands off the wheel.

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### **TYPES OF DISTRACTIONS**

1. Visual (eyes off the road)
2. Manual (hands off the wheel)
3. Cognitive (mind not on driving/daydreaming)



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### **FACTS**

- In MN, it's against the law to text while driving (169.475).
- 1 out of 4 car accidents in the United States is caused by texting and driving. (NSC)
- Cell phone use while driving leads to 1.6 million crashes each year. (NSC)

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### **COMMON DISTRACTIONS**

- Talking/Texting
- Drinking/Eating
- Reading Directions
- Checking Emails
- Social Media
- Drowsy Driving
- Looking Off Roadway (gawkers)
- Adjusting Radio

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### **TRUE OR FALSE**

1. Using a hands-free device is safer than using a hand-held device? **FALSE**
2. Checking a text while driving at 55mph is the equivalent of covering the length of a football while blindfolded. **TRUE**

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### **SAFE DRIVING TIPS**

- Cell Phone –Zero tolerance policy
- Navigation –Plan in advance.
- Eating/Drinking –Avoid if possible
- Focus –Driving needs your full attention
- Weather – Be aware of conditions
- Obey traffic laws
- Tailgating – Don't tailgate, it's simple.

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### **WHY DRIVE SAFE**

- Return home to your family
- Prevent injury to both yourself and others
- Keep your job
- Avoid the headaches of a traffic accident, and damaging a company vehicle.
- Avoid becoming another statistic.

For more information visit: <https://www.minnesotasafetycouncil.org/traffic/distracteddriving/ExecSummaryofRisks.pdf>

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