

WORKSHEET LESSON #13

Distracted Driving is a factor in almost **80%** of car crashes.

Distracted driving is the direct cause of up to **25%** of car crashes.

List examples of distractions that occur inside of the vehicle:

- Passengers
- Reaching for a loose object
- Adjusting the radio
- Navigating (GPS)
- Eating
- Drinking
- Smoking
- Grooming
- Adjusting vehicle controls
- Attending to pets

List examples of distractions that occur outside of the vehicle:

- Crash scenes
- Emergency vehicles
- Objects: other vehicles; road debris; collisions
- billboards and other signs
- Animals
- Other roadway users: Pedestrians; Police; Bicyclists

A **VISUAL DISTRACTION** is:

Anything that shifts a driver's eyes away from the road to something unrelated to the primary task of driving

A **MANUAL DISTRACTION** is:

Anything that causes a driver to remove one or both hands from the wheel or other driving controls

A **COGNITIVE DISTRACTION** is:

Anything that takes a driver's mind, thoughts or mental attention away from the task of driving

Inattention Blindness is a kind of cognitive distraction in which the brain does not process the information the eyes take in.

Text messaging creates a crash risk **23** times worse than driving while not distracted.