# DISTRACTED DRIVING IS UNSAFE DRIVING





Roadside Billboards Checking Self in Mirror Gawking at Crash Scenes Personal Grooming

Reading Maps or Newspapers

Reaching for Fallen Objects

Attending to Passengers/Pets

Texting While Driving



## **2 MANUAL**

HANDS OFF THE WHEEL

Eating

Drinking

Using a Handheld Cell Phone

Manipulating Vehicle Instruments

**Changing CDs** 



## **3 MENTAL**

MIND OFF OF DRIVING\*

Talking with Passengers

Using a Hands-Free Cell Phone

Using Voice-Activated Features

**Daydreaming** 

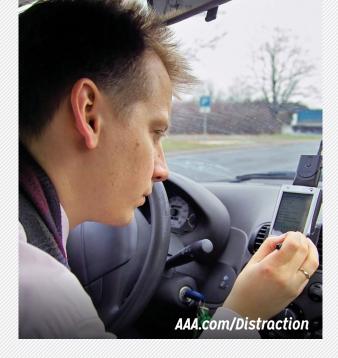
\*Occurs during any distracting activity.

Every year, distracted driving causes more than a million crashes costing the lives of thousands of motorists.

Keeping your mind on the task of driving is the most important aspect of safe driving.







# **TOP 5 TIPS for Reducing Driving Distractions**

- Plan your trip in advance and program GPS systems, set mirrors and climate controls, etc., before you begin driving.
- 2. Familiarize yourself with features of your vehicle's equipment before you hit the road.
- **3.** Use message-taking functions and return calls when you are stopped at a safe location.
- **4.** Ask passengers to help you perform activities that may be distracting whenever possible.
- Secure mobile devices and any objects that may move and distract you while driving.

### Learn more about safe driving at AAA.com/Foundation







Potentially unsafe levels of mental distraction can linger for as long as 27 seconds after making a call or sending a text using voice commands.



Five seconds is the average time your eyes are off the road while texting. At 55 mph, that is equivalent to driving the entire length of a football field, blind.



In 60% of teen driver crashes, the driver was distracted during the 6 seconds leading up to the crash. The most common distraction: interacting with passengers.

TeenDriving.AAA.com