

# DISTRACTED DRIVING

is an epidemic on our roadways

Distracted driving poses a risk to everyone on the road and remains a significant factor in motor vehicle crashes that resulting in death and injury. Distracted driving is engaging in any activity that takes your focus off the task of driving – cell phones, the radio, passengers, eating and drinking, among others – and can generally be classified into three types:



## MANUAL

Any task that takes your hands off the wheel.



## VISUAL

Any task that takes your eyes off the road.



## COGNITIVE

Any task that takes your mind off driving.

Unable to devote your full, undivided attention to driving because you're focused on some other activity? You're distracted. When you're driving, just drive. Accomplish other tasks before or after your trip, not during.

Learn More:  
[AAA.com/Distracted](http://AAA.com/Distracted)



# HANDS FREE not RISK FREE

Talking on the phone – even hands-free – is a **COGNITIVE** distraction because your mind is off the task of driving. But texting while driving is worse because it combines **MANUAL**, **VISUAL** and **COGNITIVE** distractions – taking your hands off the wheel, eyes off the road and mind off driving.

Texting and talking on a cell phone while driving (unless using a hands-free device) are prohibited in New Jersey. However, research shows that it's not the device that causes the distraction, rather the conversation.

Sometimes it's inevitable to have to talk on the phone while driving. If you must, remember these tips to stay safe:



- Don't dial a phone number – use a voice-activated system or enlist the help of a passenger.
- Keep conversations short and uncomplicated.
- Have a passenger be the designated phone user.
- Keep your eyes on the road at all times.
- Only use your phone in emergency situations.

The safest thing to do is focus your attention 100 percent on the task of driving – it's difficult enough to do without adding distractions. Don't put yourself or those you share the road with at risk.

**27**  
seconds

Did you know that it takes an average of 27 seconds after interacting with a hands-free device to regain full attention. Hands-free does not equal risk-free, so drivers should give 100 percent to the task at hand: driving.

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