

# DISTRACTED DRIVING IS UNSAFE DRIVING

## The three main sources of driver distraction:



### 1 VISUAL

EYES OFF THE ROAD

- Roadside Billboards
- Checking Self in Mirror
- Gawking at Crash Scenes



### 2 MANUAL

HANDS OFF THE WHEEL

- Personal Grooming
- Reading Maps or Newspapers
- Reaching for Fallen Objects
- Attending to Passengers/Pets
- Texting While Driving



### 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.*



EXPECT  
SOMETHING  
MORE™



## TOP 5 TIPS for Reducing Driving Distractions

1. 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.
5. Secure mobile devices and any objects that may move and distract you while driving.

Learn more about safe driving at [AAA.com/SafetyMatters](http://AAA.com/SafetyMatters)



## HANDS-FREE DOESN'T MEAN RISK-FREE

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.



## DON'T TEXT AND DRIVE

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.



## BE A GOOD PASSENGER

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](http://TeenDriving.AAA.com)