

Keeping your brain in mind . . .

Distracted Driving:

Any activity that takes a driver's focus off the road and surrounding traffic.



DISTRACTED DRIVING

Motor vehicle crashes are a leading cause of Traumatic Brain Injury (TBI). In 2009, 20% of car crashes involved distracted driving. Drivers under the age of 20 are at highest risk.

According to the Centers for Disease Control and Prevention (CDC), the **three main types of distraction** are **Visual** (taking your eyes off the road), **Manual** (taking your hands off the wheel) and **Cognitive** (taking your mind off what you are doing).

Examples of distracted driving:

- ➔ Talking / Texting on the phone
- ➔ Eating
- ➔ Reading a map
- ➔ Using GPS, CD/DVD player, etc.
- ➔ Applying make-up
- ➔ Talking to passengers
- ➔ Attending to a pet
- ➔ Looking for a specific location/exit

TO PREVENT DISTRACTED DRIVING:

- Secure safety belts before leaving your location.
- Avoid multitasking.
- Plan your route ahead of time, allowing additional time for inclement weather and traffic delays.
- Program navigation devices before you begin driving.
- Refrain from using the cell phone while driving -- this includes talking as well as texting.
- Ask your passenger(s) to coordinate changing CD's and radio stations.
- Secure pets in travel crates
- Avoid excessive speeding.
- Don't drive if you are tired, ill, medicated or inebriated.

Sources: Center for Disease Control and Prevention, <http://takethewheel.net>, National Highway Traffic Safety Administration, www.neure.com, www.flhsmv.gov/teens/