

Am I Distracted?

Self-Assessment Quiz

Take this quiz to determine if you or someone you know is a distracted driver. Check all that apply:

- Buckle seatbelt while driving
- Adjust seat while driving
- Use a cell phone
- Use a hands-free device
- Check email / Facebook/Tweet
- Read a GPS device / map
- Change radio stations
- Listen to an iPod
- Watch Movies/Live Stream/DVD's
- Apply makeup / shave
- Comb hair
- Eat / drink
- Doze while driving
- Reach for personal belongings
- Turn head to talk to fellow passengers
- Engage in intense conversation

(turn over for results)



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The truth is, if you've checked one box, you are a distracted driver. Avoid distractions while driving. It will save lives...even your own.

Distraction is anything that diverts your attention from the primary tasks of navigating the vehicle and responding to critical events. A distraction is anything that takes your eyes off the road (visual distraction), your mind off the road (cognitive distraction), or your hands off the wheel (manual distraction). Distraction can often fit into more than one category. For example, eating is visual and manual, whereas using a navigation system or texting is all three.

- Younger, less experienced drivers under 20, have the highest proportion of distraction-related fatal crashes. (*NHTSA*)
- Drivers who use hand-held devices are four times as likely to get into crashes serious enough to cause injuries. (*Source: IIHS*)
- Using a cell phone while driving, whether it's hand-held or hands-free, impairs a driver's reaction time as much as having a blood alcohol concentration at the legal limit of .08 percent. (*Source: University of Utah*)

The following list shows state laws on distracted driving as of **June 2019** For a complete up-to-date report, log on at

<https://www.ghsa.org/index.php/state-laws/issues/distracted%20driving>

STATES THAT PROHIBIT ALL DRIVERS FROM USING HANDHELD PHONES WHILE DRIVING:

Arizona	Nevada
<i>*Arkansas</i>	New Hampshire
California	New Jersey
Connecticut	<i>*New Mexico</i>
Delaware	New York
DC	<i>*Oklahoma</i>
<i>*Florida</i>	Oregon
Georgia	Puerto Rico
Guam	Rhode Island
Hawaii	Tennessee
Illinois	Vermont
<i>*Louisiana</i>	Virgin Islands
Maryland	Washington
Minnesota	West Virginia

STATES THAT BAN TEXT MESSAGING FOR ALL DRIVERS:

Alabama	Kansas	Oklahoma
Alaska	Kentucky	Oregon
Arizona	Louisiana	Pennsylvania
Arkansas	Maine	Puerto Rico
California	Maryland	Rhode Island
Colorado	Massachusetts	South Carolina
Connecticut	Michigan	<i>*South Dakota</i>
Delaware	Minnesota	<i>*Tennessee</i>
DC	Mississippi	Texas
<i>*Florida</i>	Nevada	Utah
Georgia	New Hampshire	Vermont
Guam	New Jersey	Virgin Islands
Hawaii	New Mexico	Virginia
Idaho	New York	Washington
Illinois	North Carolina	West Virginia
Indiana	North Dakota	Wisconsin
Iowa	Ohio	Wyoming

**Check site for stipulations*

Visit these helpful sites for additional information on distracted driving.

www.distraction.gov
www.cdc.org

www.nhtsa.gov
www.ghsa.gov