

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/Text
- ☐ Use a hands-free device
- ☐ Check emails/Social Media
- ☐ Read GPS/Maps
- ☐ Change radio stations
- ☐ Use earbuds
- ☐ Watch movies/Go Live
- ☐ 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 April 2025

For a complete up-to-date report, log on at

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

STATES THAT PROHIBIT ALL DRIVERS FROM USING HANDHELD PHONES WHILE DRIVING:			STATES THAT BAN TEXT MESSAGING FOR ALL DRIVERS:		
*Alabama	*Iowa	Oregon	Alabama	Kansas	Ohio
Arizona	*Louisiana	Pennsylvania	Alaska	Kentucky	Oklahoma
*Arkansas	Maine	Puerto Rico	Arizona	Louisiana	Oregon
California	Maryland	Rhode Island	Arkansas	Maine	Pennsylvania
Colorado	Massachusetts	Tennessee	California	Maryland	Puerto Rico
Connecticut	Michigan	Texas	Colorado	Massachusetts	Rhode Island
Delaware	Minnesota	Vermont	Connecticut	Michigan	South Carolina
DC	*Missouri	Virginia	Delaware	Minnesota	South Dakota
*Florida	Nevada	Virgin Islands	District of Columbia	Mississippi	Tennessee
Georgia	New Hampshire	Washington		*Missouri	Texas
Guam	New Jersey	West Virginia	Florida	Nebraska	Utah
Hawaii	New York	Wisconsin	Georgia	Nevada	Vermont
Idaho	Ohio		Guam	New Hampshire	Virgin Islands
Illinois	*Oklahoma		Hawaii	New Jersey	Virginia
Indiana			Idaho	New Mexico	Washington
			Illinois	New York	West Virginia
			Indiana	North Carolina	Wisconsin
			Iowa	North Dakota	Wyoming

*Check site for stipulations

Visit these helpful sites for additional information on distracted driving.

iihs.org
www.cdc.org

www.nhtsa.gov
www.ghsa.org