

# 2025-04-14 TBT Distracted Driving

## 2025-04-14 TBT: Distracted Driving

Distracted driving is any activity that diverts a driver's attention from the primary task of driving, potentially leading to accidents and injuries. There are three main types of distractions: visual (taking your eyes off the road), manual (taking your hands off the wheel), and cognitive (taking your mind off driving).

### Types of Distracted Driving:

- **Visual Distractions:**

These involve looking away from the road, such as checking a phone, adjusting a navigation system, or talking to passengers.

- **Manual Distractions:**

These involve taking your hands off the wheel, such as eating, drinking, or reaching for an object in the car.

- **Cognitive Distractions:**

These involve taking your mind off driving, such as talking on the phone, daydreaming, or being lost in thought.

### Common Examples of Distracted Driving:

- **Using cell phones:** Texting, calling, browsing, or using apps.
- **Eating or drinking while driving.**
- **Adjusting the radio or navigation system.**

- **Talking to passengers or other people in the car.**
- **Applying makeup or grooming.**
- **Fiddling with controls or displays in the vehicle.**
- **Looking at external distractions like signs or roadside features.**
- **Daydreaming or being lost in thought.**

## Why is Distracted Driving Dangerous?

### • **Reduced Reaction Time:**

Distractions slow down a driver's reaction time, making it harder to respond to unexpected situations.

### • **Impaired Decision-Making:**

Distractions can make it harder for drivers to make quick and accurate decisions.

### • **Increased Risk of Accidents:**

Distracted driving significantly increases the risk of collisions and injuries.

## Consequences of Distracted Driving:

- **Accidents and Injuries:** Distracted driving is a major cause of traffic accidents and injuries.
- **Legal Penalties:** Many states have laws against distracted driving, and violating these laws can lead to fines, points on your license, and other penalties.
- **Insurance Rate Increases:** Distracted driving accidents can lead to higher insurance premiums.

## Tips for Preventing Distracted Driving:

- **Put away your phone and other devices:** Avoid using them while driving.
- **Focus on the road and driving:** Don't let anything distract you.
- **Pull over if you need to attend to something:** If you need to use your phone, eat, or do something else, stop the car in a safe place first.
- **Talk to passengers about the dangers of distracted driving:** Remind them to avoid being distracted while in the car.

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Revision #4

Created 2025-04-11 19:21:47 UTC by Dale Bergman

Updated 2025-04-18 13:32:46 UTC by Blain Schumacher