Distractions

- Anything that takes your attention away from the task at hand
  - In this case the task is driving
Who’s Driving?

• If you allow distractions to take your attention away from driving, you are not driving.
But I’m a Good Driver

• Keep telling yourself that

• You’re playing the odds

• The odds will catch up to you
Busy, Busy, Busy

- Fast-paced society
- Work, school, family
- Distractions change our focus
Cell Phones

- Most noted distraction
  - Talking or texting
  - Hands-free or hand held
  - Like driving while drunk
Decisions

- Approximately 400 observations every two miles
- One mistake every 40 decisions based on those observations
What Can Happen in Two Seconds?

- Short amount of time
- A lot can happen
- Highway driving
- Residential areas
- City driving
You are Not Alone

• Think about your distractions

• Multiply that by the number of vehicles around you
Group Talk

- What distracts you when driving?
- How can we avoid distractions?
Try This for One Day

• Turn your cell phone off when you get in your vehicle
• Don’t look at your passengers to have a conversation
• Don’t read the newspaper, book or map while driving
• Have your music loaded before you go
• Do your grooming before you drive
If doing this didn’t hurt you, try it every day.

Drive smart, drive safe.