

# How well do you know the three main types of distractions?



**VISUAL  
DISTRACTIONS**



**Take your eyes  
off the road**



**MANUAL  
DISTRACTIONS**



**Take your hands  
off the wheel**



**COGNITIVE  
DISTRACTIONS**



**Take your mind  
off of driving**

**When you're behind the wheel, your  
only job is to drive.**

# Just Drive.

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# What distracted driving looks like

If something requires your hands, your eyes or your attention while you're driving, it's a distraction.

## Distractions can include:

### • Cell phone use

- Texting (even if you're using voice commands)
- Taking or making phone calls (even hands-free)
- Recording videos
- Using social media
- Checking or sending emails



### • Passengers and pets inside the vehicle

- Events outside the vehicle
- Eating
- Adjusting your GPS, music, podcast or audiobook
- Using your vehicle's touchscreens
- Handling dispatching devices and mobile data terminals

These habits may be common, but they're still distracting and dangerous for you and everyone else on the road.

When you're behind the wheel, your only job is to drive.

# Just Drive.

# Is the Distraction coming from...inside the car?

Vehicle touchscreens may be advanced, but they can still cause distractions.



Your vehicle's touchscreen takes your eyes off the road...

Your hands off the wheel...



And your mind off of driving.



Adjust your touchscreen while you're still parked. Need to make changes? Ask a passenger for help or pull over safely.

**For professional drivers, this includes dispatching devices and mobile data terminals.**

Any distraction behind the wheel is dangerous for everyone.

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# Prevent distracted driving from the passenger seat

## Speak up

if you feel the driver is distracted or is doing something dangerous.

## Say no

to any behavior that draws your driver's attention away from the road.

## Prevent

distraction for the driver. Operate the radio, GPS and ventilation. Watch for signs, landmarks and traffic.

## Get home

safely, so everyone else on the road can do the same.

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# Handle distractions before you drive



## While you're still parked:

- ① Program your route
- ② Set up your music or podcast
- ③ Silence and put away your phone

Now all you have to do is drive.

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# Keep your eyes on the prize!

Distracted drivers see just a fraction of  
the road and everyone around it.



Pedestrians,  
road workers and  
first responders  
are all counting on  
you to keep them  
safe.



Keep your attention where it belongs -  
**on the road.**

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