

What Behaviors Are Distracting While Driving?



Manual distractions are those where you move your hands from the wheel.

- **Examples include:** Eating, drinking, adjusting a seatbelt, smoking, searching for something, turning or touching buttons/knobs such as a radio.
- **How to prevent:** Keep your phone or device out of reach, make all adjustments before driving, and don't reach for items while driving.



Visual distractions are those where you focus your eyes away from the road.

- **Examples include:** Looking for items on the floor or dash, checking and adjusting your GPS, looking while changing the radio station, adjusting your temperature controls, taking in the view, and grooming.
- **How to prevent:** Keep your eyes on the road, pull over to adjust GPS, and use talk to text.



Cognitive distractions are when your mind wanders away from the task of driving.

- **Examples include:** Drowsy driving, talking on hands-free phone or with a passenger, thinking about something upsetting, road rage, daydreaming, or being under the influence of drugs/alcohol.
- **How to prevent:** Avoid phone calls – even hands-free. Stay focused on the road and keep your emotions in check.