



# Distracted Driving is a Factor in Many Crashes

## Taking Personal Responsibility is the Key to Safe Driving.

Research shows that your chances of a crash multiply when you dial your phone or text while driving – so keep your eyes on the road and stay focused.

### What is Distracted Driving?

Distracted driving is any activity that has the potential to distract a driver from the primary task of driving and increase the risk of crashing. It's a cause of many crashes, especially roadway departures and intersection crashes.

Drivers engage in a wide range of distracted driving activities including talking to other passengers, listening to loud music and talking or texting on a mobile device.

The Ohio Department of Transportation urges drivers to stay focused and don't use electronic devices while driving.

### There are Three Main Types of Distraction

1. VISUAL  
Taking your eyes off the road
2. MANUAL  
Taking your hands off the wheel
3. LACK OF FOCUS  
Taking your mind off what you're doing

While all distractions can compromise safety, texting is the most alarming because it involves all three types.

### Distracting Activities

- Using a cell phone or texting
- Eating and drinking
- Focusing on passengers
- Personal grooming
- Reading – including maps
- Using a PDA or navigation system
- Watching a video
- Changing the radio station, CD or MP3 player





# How to Manage the Most Common Driving Distractions

- 1. TURN IT OFF.** Turn your phone off or switch to silent mode before you get in the car.
- 2. SPREAD THE WORD.** Set-up a special message to tell callers that you are driving and you'll get back to them as soon as possible, or sign up for a service that offers this.
- 3. PULL OVER.** If you need to make a call, pull over to a safe area first or ask a passenger to make the call for you.
- 4. WAIT TO GROOM.** Combing your hair or applying make-up can wait until you are safely off the road.
- 5. STAY ALIVE. DONT TEXT AND DRIVE!** Don't surf the web or read email while driving.
- 6. KNOW THE LAW.** Familiarize yourself with state and local traffic laws before you get in the car.
- 7. PREPARE.** Review maps and directions before you start to drive. If you need help when you are on the road, ask a passenger to help or pull over to a safe location to review the map/directions again.
- 8. SECURE YOUR PETS.** Pets can be a big distraction in the car. Always secure them properly before you start to drive.
- 9. KEEP THE KIDS SAFE.** Pull over to a safe location to address situations with your children in the car.
- 10. FOCUS ON THE TASK AT HAND.** Refrain from smoking, eating, drinking, reading, watching a video, changing a CD or any other activity that takes your mind and eyes off the road.

*"Every Move You Make, Keep it Safe" is one of the Ohio Department of Transportation's (ODOT) roadway safety initiatives. Programs include Safe Routes to Schools, Roadway Departure Crash Reduction and Intersection Safety.*



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