

Distracted Driving

Driver distraction occurs when drivers divert their attention from driving to focus on other activities — not only related to cell phone use. **Reducing distractions** while driving can keep us all **safe** on the road.

Be part of the solution to keep our roads safe

Keep hands on the wheel



Manual distraction involves touching something within the vehicle

- *Touching a phone*
- *Eating, drinking or grooming*
- *Changing the radio or climate control*

Visual distraction involves looking at something other than the road

- *Looking at a phone display*
- *Reading a text, email, or message*
- *Looking at a billboard*



Listen and stay alert



Auditory distraction involves listening to something that may disrupt your concentration

- *Loud noises in or outside the vehicle, such as ringing mobile device*
- *Music*

Cognitive distraction involves thinking about something that occupies your mind

- *Daydreaming*
- *Thinking about work*
- *Worrying about something or someone*



Did You Know?



Georgia's "Hands-free Law" prohibits drivers from holding a phone or using any part of their body to support their phone while driving on a public roadway. The "hands-free" ban includes drivers who are stopped at traffic lights and stop signs.



Taking your eyes off the road for **2 seconds**



Taking your mind off of what you are doing for **3 seconds**



Taking your hands off the wheel for **4 seconds**



DISTRACTION

BRAKING

