

# 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.