

DISTRACTED DRIVING HAZARDS



Psychological
distractions



Blinding sun



Passengers



Wildlife



GPS devices



Watching a person, object, or
event outside the vehicle



Adjusting controls for temperature, radio,
or cassette, CD, MP3, or DVD players



Hands-free devices



Top Driving Distractions

1. Psychological distractions (daydreaming, stress, etc.)
2. Using a cell phone (talking or texting)
3. Outside distractions
4. Passengers
5. Using or reaching for devices like GPS or headphones
6. Eating or drinking
7. Adjusting radio or climate controls
8. Adjusting parts of the vehicle, such as mirrors or seats
9. A moving object in the vehicle (insect, pet, etc.)
10. Smoking