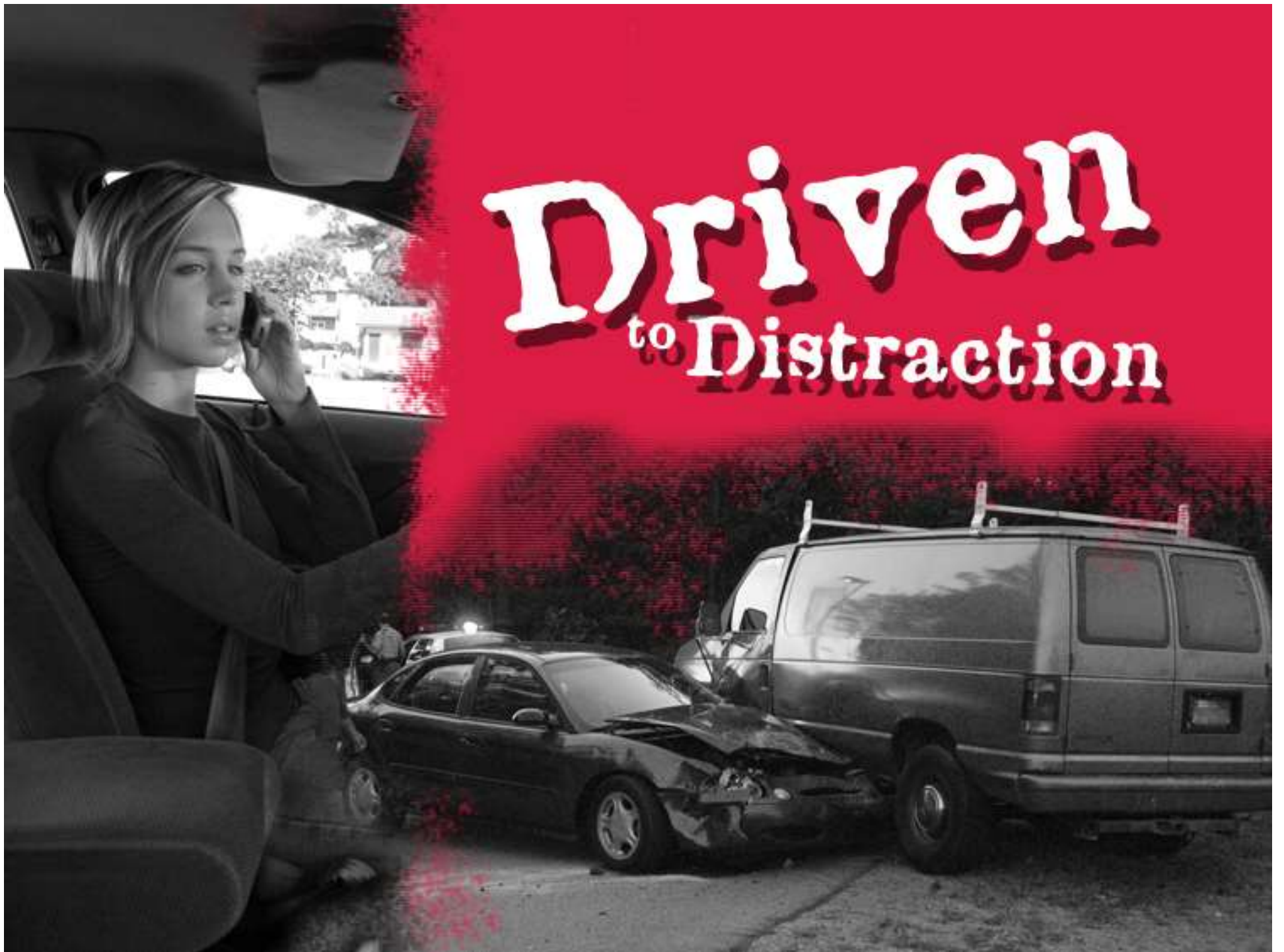


Driven to Distraction



Distractions

- **Anything that takes your attention away from the task at hand**
 - **In this case the task is driving**



Who's Driving?

- **If you allow distractions to take your attention away from driving, you are not driving.**





But I'm a Good Driver

- **Keep telling yourself that**
- **You're playing the odds**
- **The odds will catch up to you**



Busy, Busy, Busy

- **Fast-paced society**
- **Work, school, family**
- **Distractions change our focus**



Cell Phones

- **Most noted distraction**
 - **Talking or texting**
 - **Hands-free or hand held**
 - **Like driving while drunk**



Decisions

- **Approximately 400 observations every two miles**
- **One mistake every 40 decisions based on those observations**



What Can Happen in Two Seconds?

- **Short amount of time**
- **A lot can happen**
- **Highway driving**
- **Residential areas**
- **City driving**



You are Not Alone

- **Think about your distractions**
- **Multiply that by the number of vehicles around you**



Group Talk

- **What distracts you when driving?**
- **How can we avoid distractions?**



Try This for One Day

- Turn your cell phone off when you get in your vehicle
- Don't look at your passengers to have a conversation
- Don't read the newspaper, book or map while driving
- Have your music loaded before you go
- Do your grooming before you drive



**If doing this
didn't hurt you,
try it every day**

**Drive smart,
drive safe**