

# MIND YOUR BRAIN

## *Because It Matters*

### **Distracted Driving:**

Any activity that takes a driver's focus off the road and surrounding traffic



## DISTRACTED DRIVING

Motor vehicle crashes are a leading cause of Traumatic Brain Injury (TBI). In Florida, one out of every six car crashes is caused by distracted driving.

According to the Centers for Disease Control and Prevention (CDC), the **three main types of distraction** are **Visual** (taking your eyes off the road), **Manual** (taking your hands off the wheel) and **Cognitive** (taking your mind off what you are doing).

### **Examples of distracted driving:**

- ➔ Talking / Texting on the phone
- ➔ Eating
- ➔ Reading a map
- ➔ Using GPS, CD/DVD player, etc.
- ➔ Applying make-up
- ➔ Talking to passengers
- ➔ Attending to a pet
- ➔ Looking for a specific location/exit

### **TO PREVENT DISTRACTED DRIVING:**

- Secure safety belts before leaving your location.
- Avoid multitasking.
- Plan your route ahead of time, allowing additional time for inclement weather and traffic delays.
- Program navigation devices before you begin driving.
- Refrain from using the cell phone while driving -- this includes talking as well as texting.
- Ask your passenger(s) to coordinate changing CD's and radio stations.
- Secure pets in travel crates.
- Avoid excessive speeding.
- Don't drive if you are tired, ill, medicated or inebriated.

Sources: Center for Disease Control and Prevention, <http://takethewheel.net>, National Highway Traffic Safety Administration, [www.neure.com](http://www.neure.com), [www.flhsmv.gov/teens/](http://www.flhsmv.gov/teens/)



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**Helpline: 800-992-3442**

**[www.ByYourSide.org](http://www.ByYourSide.org)**