

Am I Distracted?

Self-Assessment Quiz

Take this quiz to determine if you or someone you know is a distracted driver. Check all that apply:

- Buckle seatbelt while driving
- Adjust seat while driving
- Use a cell phone
- Use a hands-free device
- Check email / Facebook/Tweet
- Read a GPS device / map
- Change radio stations
- Listen to an iPod
- Watch Movies/Live Stream/DVD's
- Apply makeup / shave
- Comb hair
- Eat / drink
- Doze while driving
- Reach for personal belongings
- Turn head to talk to fellow passengers
- Engage in intense conversation

(turn over for results)



THE NATIONAL ROAD SAFETY FOUNDATION, INC.
18 East 50th Street NY, NY 10022 • (866) SAFEPATH (723-3728)
info@nrsf.org • www.nrsf.org • www.teenlane.org

The truth is, if you've checked one box, you are a distracted driver. Avoid distractions while driving. It will save lives...even your own.

Distraction is anything that diverts your attention from the primary tasks of navigating the vehicle and responding to critical events. A distraction is anything that takes your eyes off the road (visual distraction), your mind off the road (cognitive distraction), or your hands off the wheel (manual distraction). Distraction can often fit into more than one category. For example, eating is visual and manual, whereas using a navigation system or texting is all three.

- Younger, less experienced drivers under 20, have the highest proportion of distraction-related fatal crashes. (*NHTSA*)
- Drivers who use hand-held devices are four times as likely to get into crashes serious enough to cause injuries. (*Source: IIHS*)
- Using a cell phone while driving, whether it's hand-held or hands-free, impairs a driver's reaction time as much as having a blood alcohol concentration at the legal limit of .08 percent. (*Source: University of Utah*)

The following list shows state laws on distracted driving as of July 2020 For a complete up-to-date report, go to

<http://www.ghsa.org/state-laws/issues/Distracted-Driving>

STATES THAT PROHIBIT ALL DRIVERS FROM USING HANDHELD PHONES WHILE DRIVING:

Arizona	<i>*New Hampshire</i>
<i>*Arkansas</i>	New Jersey
California	New York
Connecticut	<i>*North Carolina</i>
Delaware	Oklahoma
DC	<i>*Oregon</i>
Georgia	<i>*Puerto Rico</i>
Guam	Rhode Island
Hawaii	Tennessee
Illinois	Texas
Louisiana	<i>*Utah</i>
Maine	<i>*Vermont</i>
Maryland	<i>*Virginia</i>
Massachusetts	Virgin Islands
<i>*Michigan</i>	<i>*Washington</i>
Minnesota	<i>*West Virginia</i>
<i>*Nevada</i>	

STATES THAT BAN TEXT MESSAGING FOR ALL DRIVERS:

Alabama	Kentucky	Oregon
Alaska	Louisiana	Pennsylvania
Arizona	Maine	Puerto Rico
Arkansas	Maryland	Rhode Island
California	Massachusetts	South Carolina
Colorado	Michigan	<i>*South Dakota</i>
Connecticut	Minnesota	Tennessee
Delaware	Mississippi	Texas
DC	<i>*Nebraska</i>	Utah
Florida	Nevada	Vermont
Georgia	New Hampshire	Virgin Islands
Guam	New Jersey	Virginia
Hawaii	New Mexico	Washington
Idaho	New York	West Virginia
Illinois	North Carolina	Wisconsin
Indiana	North Dakota	Wyoming
Iowa	<i>*Ohio</i>	
Kansas	Oklahoma	

**Check site for stipulations*

Visit these helpful sites for additional information on distracted driving.

www.distraction.gov
www.cdc.org

www.nhtsa.gov
www.ghsa.gov