

# 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
- Text/check email
- Read a GPS device / map
- Change stations / CD's
- Listen to an iPod
- Watch 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 your results)**



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

Distraction is anything that diverts the driver's 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). So when you think about things that can be a distraction, you'll see that they 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: Insurance Institute for Highway Safety)
- 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 September 2016**. For a complete up-to-date report, log on at [www.ghsa.org/state-laws/issues/distacted%20driving](http://www.ghsa.org/state-laws/issues/distacted%20driving)

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

- \* **Arkansas**
- California
- Connecticut
- Delaware
- District of Columbia
- Guam
- Hawaii
- Illinois
- \* **Louisiana**
- Maryland
- Nevada
- New Hampshire
- New Jersey
- \* **New Mexico**
- New York
- \* **Oklahoma**
- Oregon
- Puerto Rico

- Vermont
- Virgin Islands
- Washington
- West Virginia

*\*Check site for stipulations*

Visit these helpful sites for additional information on distracted driving.  
[www.distraction.gov](http://www.distraction.gov) / [www.cdc.org](http://www.cdc.org) /  
[www.nhtsa.gov](http://www.nhtsa.gov) / [www.ghsa.gov](http://www.ghsa.gov) /  
[www.iihs.gov](http://www.iihs.gov)

**STATES THAT BAN TEXT MESSAGING FOR ALL DRIVERS:**

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