

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



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 April 2019 For a complete up-to-date report, log on at

<https://www.ghsa.org/index.php/state-laws/issues/distracted%20driving>

States That Prohibit All Drivers From Using Handheld Phones While Driving

Arizona	Nevada
Arkansas	New Hampshire
California	New Jersey
Connecticut	New Mexico
Delaware	New York
District of Columbia	Oklahoma
Georgia	Oregon
Guam	Puerto Rico
Hawaii	Rhode Island
Illinois	Tennessee
Louisiana	Vermont
Maryland	Virgin Islands
Minnesota	

[*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
www.iihs.gov**

States That Ban Text Messaging For All Drivers

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