

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/Text
- Use a hands-free device
- Check email/Facebook/Twitter/Instagram
- 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)



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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 [March 2023](#).

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

<https://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 York
Delaware	Ohio
DC	*Oklahoma
*Florida	Oregon
Georgia	Puerto Rico
Guam	Rhode Island
Hawaii	Tennessee
Idaho	Texas
Illinois	Vermont
*Louisiana	Virgin Islands
Maine	Washington
Maryland	West Virginia
Massachusetts	Wisconsin
Minnesota	

STATES THAT BAN TEXT MESSAGING FOR ALL DRIVERS:

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

*Check site for stipulations

Visit these helpful sites for additional information on distracted driving.

iihs.org
www.cdc.org

www.nhtsa.gov
www.ghsa.org