

GRADES 9-12 | LESSON 4

# DISTRACTION CLASSIFICATIONS

## THE DISTRACTED BRAIN

### TYPES OF DISTRACTION



#### **VISUAL**

Taking your eyes off the road.



#### **MANUAL**

Taking one or both hands off the steering wheel.



#### **COGNITIVE**

Taking your mind off the task of driving.

## DISTRACTION CLASSIFICATIONS

Here are 10 common in-vehicle activities that contribute to distracted driving, along with the type of distraction involved. Many involve more than one type of distraction.

| IN-VEHICLE ACTIVITY                                            | VISUAL | MANUAL | COGNITIVE | WHY IT'S DISTRACTING                                                                                  |
|----------------------------------------------------------------|--------|--------|-----------|-------------------------------------------------------------------------------------------------------|
| Texting or reading a text while driving                        | ✓      | ✓      | ✓         | Combines all three types of distraction—eyes off the road, hands off the wheel, and mind off driving. |
| Looking at a crash or something happening along the roadside   | ✓      | —      | —         | Takes your eyes away from the roadway ahead.                                                          |
| Looking at a billboard or roadside attraction                  | ✓      | —      | —         | Pulls your visual attention away from traffic.                                                        |
| Reaching for a water bottle without looking away from the road | —      | ✓      | —         | Takes a hand away from the steering wheel.                                                            |
| Adjusting a manual control by feel without looking away        | —      | ✓      | —         | Requires taking a hand off the wheel.                                                                 |
| Daydreaming or becoming lost in thought                        | —      | —      | ✓         | Your eyes may be on the road, but your mind isn't focused on driving.                                 |
| Having an intense or emotional conversation with a passenger   | —      | —      | ✓         | Diverts mental attention from driving.                                                                |
| Eating while driving                                           | ✓      | ✓      | —         | Can require looking at food and taking one or both hands from the wheel.                              |
| Programming a GPS/navigation system while driving              | ✓      | ✓      | ✓         | Requires looking, touching controls, and thinking about the information being entered.                |
| Turning around to interact with a passenger in the back seat   | ✓      | —      | ✓         | Takes your eyes off the road and attention away from driving.                                         |