

# UNDERSTANDING DISTRACTED DRIVING

**Drivers should be aware of three major types of distraction whenever they get behind the wheel:**

## VISUAL (EYES)

Diverting your attention from the road for even the briefest moment can be all it takes for an accident to occur. Save the photo taking and social media scrolling for when you're parked to help protect yourself, your passengers and others on the road.



## MANUAL (HANDS)

Be sure to keep both hands on the wheel and off your other devices while driving. Your life is much more valuable than any phone call, text or playlist – silence your phone, program your GPS and set up your radio or music before you put the car in drive.



## COGNITIVE (MIND)

Hands-free devices and voice command systems create “inattention blindness” as the mind engages with other tasks. While hands-free options may be marginally safer than handheld devices, eliminating driver use of all types of cell phones and in-vehicle infotainment systems is safest.



Visit [TeenDrivingRisk.com](http://TeenDrivingRisk.com) for more safe driving resources and to learn about:

- Recognizing unsafe acts while on the road
- Understanding why crashes happen
- Insurance tips for teen drivers and parents ...and more!



SELF-INSURED WORKERS'  
COMPENSATION FUND