



# STOP DISTRACTED DRIVING

KEEP YOUR FOCUS ON THE ROAD



Technology today gives us quick, on-the-go access to information. While it can be useful, it also creates additional distractions that take your focus off the road. Especially when driving a semi truck, any distraction could be a fatal mistake for you or for someone else.

## DID YOU KNOW?



more likely to get in a crash while texting than when not distracted



Large trucks were involved in fatal crashes **3,600 people were killed in 2010.**

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## TYPES OF DISTRACTIONS

### MANUAL

Removing one or both hands from the steering wheel to perform a non-driving task such as eating, grooming, dialing a cell phone or texting.

### VISUAL

Shifting your attention away from the road to something unrelated to driving such as reading, rubbernecking, etc.

### COGNITIVE

Shifting your mental focus away from driving such as driving while drowsy, angry, talking on a cell phone, etc.

## SAFE DRIVING TIPS



Complete all paperwork before driving



Make calls before you leave  
Let calls go to voicemail



Scan the road frequently and check your mirrors every 5 to 8 seconds



Never text while driving



Eat a healthy meal before you hit the road



Get plenty of sleep before you start. Remember, 40 Winks and 18 Wheels Don't Mix

## UNDERSTANDING CELL PHONE DISTRACTION



Less brain activity is devoted to driving when using a cell phone



more likely to get into crashes serious enough to injure themselves

Using a cell phone while driving involves at least two, and sometimes **all three types of distractions**



For further information visit the following sites or email [drivetostayalive@utah.gov](mailto:drivetostayalive@utah.gov)



ut.**ZERO Fatalities**.com