Pick a Word

Use the word or words in the box that best matches each definition below.

<table>
<thead>
<tr>
<th>auditory distraction</th>
<th>gawking</th>
</tr>
</thead>
<tbody>
<tr>
<td>biomechanical distraction</td>
<td>projectile</td>
</tr>
<tr>
<td>cognitive distraction</td>
<td>rubbernecking</td>
</tr>
<tr>
<td>distracted driving</td>
<td>visual distraction</td>
</tr>
</tbody>
</table>

1. When a person continually looks all around the scene of a crash or fire
2. You are not focusing mentally on the primary task of driving
3. When a driver’s awareness and focus drift to anything other than the driving task
4. Anything that causes you to take your eyes off the roadway ahead
5. When an event, person, activity, or object draws a driver’s attention away from the driving task
6. Any distraction caused by sounds
7. Flying objects that could be a hazard to a driver or passenger
8. Any mechanical act not specifically related to driving that is performed by a driver
9. When a person stares

Match the Distraction

Match the categories of distraction in the box below to each example.

<table>
<thead>
<tr>
<th>auditory distractions</th>
<th>cognitive distractions</th>
</tr>
</thead>
<tbody>
<tr>
<td>biomechanical distractions</td>
<td>visual distractions</td>
</tr>
</tbody>
</table>

1. Pushing a button or turning a dial
2. Holding a conversation with a passenger
3. A billboard
4. A crying child or a siren
5. Eating
6. Picking up a CD
7. A large dog blocking your rearview mirror
8. Your favorite song on the radio
9. Colorful street performers
10. Thinking about what you will wear to a party
Test Your Knowledge

Check correct or incorrect for each situation. If the statement is incorrect, write the word or words that would make the statement correct.

1. Driver distraction does not necessarily deal with a specific event.  
   Correct  Incorrect  Corrections

2. There are four categories of distraction.  
   1.  

3. Driver inattention is a major factor in most crashes and near-crashes.  
   2.  

4. A person can multitask and still focus enough on the driving task to be a low-risk driver.  
   3.  

5. If you are fatigued, stop and stretch, or switch drivers.  
   4.  

6. Manipulating your cell phone can possibly fall into all four categories of distraction.  
   5.  

7. If you are already in traffic and notice an insect in your car, brake immediately.  
   6.  

8. Eating or drinking while driving can create both visual and biomechanical distractions.  
   7.  

9. Gawking that causes a traffic backlog is only a minor distraction.  
   8.  

10. Novice drivers are less likely to be distracted by passengers than experienced drivers.  
    9.  

Reduce Distractions Inside the Vehicle

List five examples of how to reduce inside-the-vehicle distractions.

1.  

2.  

3.  

4.  

5.  

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Use the Charts

Use the charts shown to answer the questions below.

Chart A
Cell phone behavior compared by selected demographics

<table>
<thead>
<tr>
<th>Driver Cell Phone Use as Observed from the Roadside</th>
<th>Drivers holding phones to their ears</th>
<th>Drivers speaking with headsets</th>
</tr>
</thead>
<tbody>
<tr>
<td>All Drivers</td>
<td>5%</td>
<td>0.6%</td>
</tr>
<tr>
<td>Males</td>
<td>4%</td>
<td>0.4%</td>
</tr>
<tr>
<td>Females</td>
<td>6%</td>
<td>0.8%</td>
</tr>
<tr>
<td>Apparent Age:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>16–24</td>
<td>8%</td>
<td>0.7%</td>
</tr>
<tr>
<td>25–69</td>
<td>4%</td>
<td>0.6%</td>
</tr>
<tr>
<td>Drivers with:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>no passengers</td>
<td>6%</td>
<td>0.8%</td>
</tr>
<tr>
<td>at least one passenger</td>
<td>2%</td>
<td>0.1%</td>
</tr>
</tbody>
</table>

1. What information does chart B measure? ________________________________

2. Do more drivers hold phones to their ears, or use a headset? __________________

3. In chart B, what percentage of drivers was focused on the driving task? __________________

4. How does the presence of a passenger affect cell phone use while driving? __________________

5. In chart B, what is the total percentage of drivers who were distracted by a specific event or activity? __________________

6. Which gender uses the phone more while driving? __________________

7. Why do you think younger drivers use cell phones while driving more than older drivers? __________________

8. In chart B, what do you think is the cause behind the unknown 36 percent? __________________

Inside or Outside Distractions

Check the box to the right that best applies to each distraction below.

1. Street carnival
2. Roadside fire
3. Changing the radio station
4. Talking on your cell phone
5. Wasp on the dashboard
6. Raccoon carcass
7. AMBER alert message board
8. Cluttered back window ledge

<table>
<thead>
<tr>
<th>Inside the Vehicle</th>
<th>Outside the Vehicle</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td></td>
</tr>
<tr>
<td>3.</td>
<td></td>
</tr>
<tr>
<td>4.</td>
<td></td>
</tr>
<tr>
<td>5.</td>
<td></td>
</tr>
<tr>
<td>6.</td>
<td></td>
</tr>
<tr>
<td>7.</td>
<td></td>
</tr>
<tr>
<td>8.</td>
<td></td>
</tr>
</tbody>
</table>
Test Your Knowledge

Complete the statements about driver distraction.

1. Although distracted driving is a form of driver inattention, it differs in that it is usually triggered by some _________.

2. Drivers have very little, if any, control over _________.

3. Drivers can _________. within their vehicles by knowing the locations of controls, securing any objects or pets, avoiding the use of cell phones, and controlling passengers’ behaviors.

4. Driver _________. is often what causes a traffic backlog, not an actual crash.

5. Safe driving requires drivers to stay _________. on the driving task.

Study the Statements

Check correct or incorrect for each statement.

1. Fatigue is a form of driver inattention.  
   Incorrect  Correct  

2. Distraction occurs when a driver chooses to do something that is not necessary to the driving task. 
   Incorrect  Correct  

3. You can take your eyes away from the road for up to four seconds and still have enough time to react appropriately to hazards. 
   Incorrect  Correct  

4. In some communities, you can face police action for loud music. 
   Incorrect  Correct  

5. Driving distraction-free is very easy; most people are just lazy. 
   Incorrect  Correct