

A woman with dark hair is sitting in the driver's seat of a car. She is looking down at a smartphone held in her hands, which is positioned in front of her. The car's steering wheel is visible in the foreground. The background shows a blurred view of a parking lot with other cars and buildings.

When you drive distracted, you're barely there.



Research shows that distracted drivers exhibit a greater level of impairment than drivers who are legally intoxicated. Stay alert, don't drive distracted, and watch for pedestrians and bicyclists.

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Allison



Distracted driving is anything that diverts your attention from the task of driving.

Can you send that list of distracted driving examples?

Sure! YOU are a distracted driver if you:

-  Text while Driving
-  Use a Cell Phone while Driving
-  Use Social Media while Driving
-  Email while Driving
-  Eat or Drink while Driving
-  Manage GPS while Driving
-  Apply Makeup while Driving

Thank you. Also, is it true distracted drivers are more impaired than intoxicated drivers?

That's what the research says. So remember, keep your  on the road, your  on the wheel, and your  on driving.

