

Examples of Driver Distractions

1. Chatting with passengers/having lots of passengers/friends in car
2. Talking on your phone
3. Texting/emailing
4. Fiddling with music settings
5. Eating food or drinking
6. Being “too” into your music
7. Fussing with driving controls
8. Grooming (styling hair, putting on lipstick)
9. Aggressive drivers
10. Trying to figure out directions/using GPS
11. Interacting with children
12. Outside distractions (crash, road construction)
13. Reaching for something
14. Reading (maps, emails, homework)