



Safety Trainer **The Dangers of Distracted Driving**

THE DANGERS OF DISTRACTED DRIVING QUIZ

- The National Highway Traffic Safety Administration (NHTSA) reports that motor vehicle fatalities have gone up in recent years.**
a. True b. False
- Distracted driving is any nondriving activity that takes the driver's attention from the primary task of operating the vehicle and increases the risk of crashing.**
a. True b. False
- Driving is safer than it once was because cars have better safety features (including air bags) and every year, more drivers and passengers are using seat belts.**
a. True b. False
- There are three main types of distraction: visual, manual, and cognitive.**
a. True b. False
- A cognitive distraction takes your eyes off the road.**
a. True b. False
- Common activities that can distract a driver include:**
 - Using a cell phone or talking to passengers.
 - Eating, drinking, or grooming.
 - Reading, including map reading.
 - Using a global positioning system (GPS) or navigation system or watching a video.
 - Manipulating vehicle entertainment system controls.
 - Texting.
 - All of these are distractions.
- Using a cell phone while driving delays a driver's reactions as much as having a blood alcohol concentration at the legal limit of .08 percent.**
a. True b. False
- Talking with another passenger can also be distracting, but a passenger may warn the driver if there is suddenly a dangerous situation on the road.**
a. True b. False
- Talking on a cell phone is the most dangerous form of distracted driving.**
a. True b. False
- If a driver takes his or her eyes off the road for 4.6 seconds while texting at 55 miles per hour, this means that the driver is traveling as far as from home plate to first base without looking at the road.**
a. True b. False

When you have completed this quiz, turn it in to your supervisor.

Name: _____

Date: _____



ANSWERS TO THE DANGERS OF DISTRACTED DRIVING QUIZ

1. b. False. The NHTSA reports that motor vehicle fatalities have gone down in recent years. However, accidents and fatalities from distracted driving are on the rise.
2. a. True.
3. a. True.
4. a. True.
5. b. False. A cognitive distraction takes your mind off your driving.
6. g. All of these are distractions.
7. a. True.
8. a. True.
9. b. False. The most dangerous form of distracted driving is texting because it involves all three types of distraction—visual, manual, and cognitive.
10. b. False. If a driver takes his or her eyes off the road for 4.6 seconds while texting at 55 miles per hour, this means that the driver is traveling the length of a football field, including the end zones, without looking at the road.