



# Distracted Driving (Not Paying Attention)

Since the inception of ICRMP in 1985, our most frequent cause of Property/Casualty claims has been auto claims. No other claim category comes close. The bad news: auto crashes are frequent and severe for Idaho local government agencies. The good news is that auto crashes can be reduced by focusing on safe driving!

## Distracted Driving (Not Paying Attention)

Distractions are anything that takes your attention away from the task at hand. In this case, the task is driving. If you allow distractions to take your attention away from driving, you are not driving. If you do not give your full attention to driving a vehicle, bad things can happen very quickly. Seeing and reacting safely to sudden changes can keep you from having an accident. To drive safely, you must pay full attention at all times. That will give you enough time to react. People's lives are in your hands, including your own life.

## Things that can distract your Attention

Anything that draws your attention away from the road can distract you. Distractions like the ones below can cause crashes:

- Text Messaging
- Dialing or talking on phone
- Eating
- Drinking
- Reading
- Writing
- Changing music on CD or radio station
- Looking for things inside your vehicle

If something distracts you, even for a few seconds, you may not see a hazard ahead that can cause an accident.

*Source: From Idaho Drivers Manual (2014)*

We are so busy. We live in a fast-paced society. Distractions change our focus - distractions take our focus away from driving. Think about your distractions, then multiply that by the number of vehicles around you. Scary.

When you are behind the wheel of a vehicle, driving is your top priority. Keep distractions out of your vehicle. The driver's job is to drive!

### Discuss:

1. What distractions do you allow in your vehicle?
2. How many things do you think about while driving?
3. Have you or someone you know had a "close call" regarding distracted driving?
4. Create a list of distractions and discuss how they can be eliminated.