# Distracted Driving – Spanish



## Key Takeaways:

– Understanding what distracted driving is.
– Recognizing the three types of distracted driving and common examples of each.
– Evaluating techniques to share the road safely with distracted drivers.

## Course Description

This lesson will heighten drivers' awareness of the dangers of distracted driving and identify ways to stay safe when sharing the road with distracted drivers.

Every single day in the U.S., distracted driver crashes lead to 9 people being killed and more than 1,060 people being injured.

The concern is understandable; the number one cause of death in the American workforce is transportation-related occupational fatalities.

Unfortunately, distracted driving is both dangerous and increasingly common. The federal government has estimated that at any given daylight moment across the U.S., approximately 660,000 drivers are using cell phones or manipulating electronic devices while driving, a number that has been steady since 2010. Performing visual-manual subtasks (such as reaching for a phone, dialing and texting) associated with the use of hand-held phones and other portable devices increased the likelihood of getting into a crash by three times.

Advances have made it easier to use technology, which makes it seem safe to multi-task with our devices (i.e. bluetooth, hands free) while driving. However, the brain can actually only perform one task at a time decently. Driving an automobile requires the use of your hands, eyes and mind – it is a full sensory experience.

Distractions from driving come in various forms, but typically it happens we physically and/or mentally impair our ability to make decisions and react correctly. These impairments are organized into three types:
– Hands Off Wheel (Manual)
– Eyes Off the Road (Visual)
– Mind Off Driving (Cognitive)

While texting, your eyes are off the road for five seconds, on average. Although it is a short time, it is long enough, when traveling at 55 mph, to cover the length of a football field blindfolded. Realistically, in that distance anything can happen to you, like swerving into another lane and hitting a car, failing to slow down when traffic suddenly slows, or missing a stop sign.

What can drivers do to remain safe on the road? – Keep two hands on the wheel. This way, drivers physically do not reach for distracting items, like cheeseburgers, cellphones, or magazines. – A safe driver is alert and drives proactively. A good habit to use is the 10-4 technique: where workers scan the road 10 seconds ahead of travel, maintain 4 seconds of following distance and scan all 4 sides of the vehicle for threats. This 10-4 technique will help drivers Foresee at-risk situations. – When on single lane roads, slow down to increase following distance between your vehicle and any distracted drivers. Greater following distance gives you more reaction time and lessens the risk of being harmed by the distracted driver. – In alarming situations, pull over to the side of the road before calling for help or writing down a license plate number. – If you believe that a distracted driver or others on the road are in imminent danger, seriously consider calling 911 after pulling the vehicle over to the side of the road. – Don’t drive next to a distracted driver to get their attention. This can quickly distract yourself as well and put both drivers, and others, in danger. – When riding in a car with a distracted driver, ask them to stop, but don’t argue with the driver. This could distract the driver even more and endanger everyone further. Ways to Stay Safe – Read and print these safe driving tips. – Always practice safe driving. – Keep your hands on wheel, eyes on the road, and mind on driving. – Take the time to visit distraction.gov for videos, brochures and more information about distracted driving.