

Understanding Distracted Driving and the Implications

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Outline

- Understanding distracted driving
- What to look for and why is it bad?

What is Distracted Driving?

When an ancillary activity takes attention away from driving.

Three Main Types of Distracted Driving

- **Visual**
- **Manual**
- **Cognitive**

Visual



A driver takes his or her eyes off the road.

Manual



A driver takes his/her hands off the wheel

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