

**THERE ARE
THREE TYPES OF
DISTRACTED DRIVING**



MANUAL

Anything that takes one or both hands off the wheel

Adjusting settings in the car

Reaching for objects in the car

Grooming



VISUAL

Anything that causes drivers to take their eyes off the road

Looking at a phone or GPS device

Viewing wildlife or pedestrians

Staring at billboards, roadside crashes, etc



COGNITIVE

Anything that takes your mind off the road

Speaking with passengers

Talking on a cellphone

Daydreaming

Texting while driving is exceptionally bad because it incorporates all three forms of distracted driving.

**CAN I LEGALLY
USE MY CELLPHONE
WHEN I AM
DRIVING IN OHIO?**



ABOUT US

Our mission is to protect life and property, promote traffic safety and provide professional public safety services with respect, compassion, and unbiased professionalism.

CONTACT

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Sources: Ohio State Highway Patrol; Centers for Disease Control and Prevention; Distraction.gov; National Safety Council; NHTSA

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**IF YOU THINK
YOU'RE A
MULTITASKER,
YOU'RE WRONG**

WHAT IS DISTRACTED DRIVING?

From cellphones to innovative car dashboards, everything around us competes for our attention and takes our mind off the task at hand — safely reaching our destination. In 2018, there were 13,727 crashes in Ohio alone that involved distracted driving, and as technology evolves, these types of incidents are only becoming more prevalent. Fortunately, they're also preventable.

Since 2007, drivers age 16-24 have been distracted by devices at higher rates than other drivers.

For everyone, it's illegal to text and drive. Adults are allowed to talk on a cellphone or use a hands-free device. If you're 17 years or younger, you can't use an electronic wireless communication device in any manner.

YOUR BRAIN CAN'T ACTUALLY DO TWO THINGS AT ONCE. HERE'S WHY:

Whether you think you're a good multitasker or a bad multitasker, the truth is the brain doesn't really multitask at all; it actually switches focus between one task and another at a rapid pace. It may feel as though you're simultaneously handling information, but your brain is actually missing details without even realizing it. This may not matter when it comes to mundane tasks, but if you're driving, this can be the difference between life and death. Missing details means your reaction time is slower, and a crash can happen in a fraction of a second.

COGNITIVE DISTRACTIONS CAN EVEN AFFECT YOUR VISION

Cognitive distractions — any distraction that interrupts your thought process — can overload the brain, causing something called "inattention blindness." This means your range of vision can narrow to a fraction of what it is under attentive circumstances. You can't react to what you don't see, nor can your brain process quickly, so your response time to dangerous situations becomes much slower.

When you text while driving, your eyes are off the road for an average of 5 seconds.



That's like driving the length of a football field, blindfolded, at 55 mph.

In 2018, 51 people died and 6,860 people were injured in crashes involving distracted driving in Ohio.

FRONTAL LOBE

Analyzes, assesses and responds to risk

Responsible for your decision making and judgement, this area of the brain doesn't fully mature until you're in your 20s. This is one of the reasons teenagers are so prone to crashes. It also handles impulse control, a task cellphones have been found to interrupt.

OCCIPITAL LOBE

Processes and interprets visual information while driving
Scientists have found that its ability to function decreases during conversation.

PARIETAL LOBE

Controls spatial analysis, unifies information sent by your senses to create a reaction, and switches your brain to different tasks.

This area of the brain integrates all the information sent by your senses to deliver a response, such as putting your foot on the brake. Driving and having a conversation at the same time can decrease activity in this part of the brain by as much as 37 percent.

AM I SAFER IF I TALK ON THE PHONE USING A HANDS-FREE DEVICE?

While using a hands-free device is a slightly better alternative, they still limit your cognitive function while driving. When your mind is focused on the conversation, you are less likely to anticipate and react to unexpected occurrences on the road.

YOUR BRAIN IS AT ITS BUSIEST WHEN YOU'RE DRIVING

We drive so frequently the task becomes second nature, but there are always decisions being made internally. Using multiple parts of the brain, you're judging spatial relationships, accelerating, changing lanes, anticipating other drivers and braking. Here's a look at how your brain handles the load.

SO HOW CAN I AVOID DISTRACTED DRIVING?

1. Turn your cellphone off and leave it out of sight.
2. Properly secure loose objects in your vehicle to prevent them from rolling around.
3. Secure children and restrain pets. Pull over and stop if you must assist them.
4. Program your destination into your GPS before you begin your drive.
5. Create playlists before you begin driving to avoid the need to change music en route.

WHAT IF I ONLY TEXT WHILE I'M STOPPED AT A RED LIGHT?

This may sound like a safer option, but it still creates substantial cognitive distraction. You may have finished sending your text when the light turns green, but your brain is still processing the conversation, anticipating a response, and your eyes are probably still wandering back and forth between the road and your cellphone screen, thus drastically limiting your primary functions and ability to process external changes around you.