



Are You a Distracted Driver?

Complete the following quiz to find out!

While driving your vehicle do you ?

Check if response is YES

- Drink beverages such as coffee, pop, etc.
- Eat food
- Smoke
- Use your cell phone
- Comb/fix your hair
- Talk to others in the car
- Read (newspapers, books, maps, etc.)
- Discipline your children
- Put on make-up or shave
- Use your laptop computer or your hand-held organizer
- Select CD's to put in your disc player
- Change radio stations
- Read billboards, neon signs
- Watch pedestrians walking, running, bicycling, etc.
- Stare 'rubberneck' at collisions
- Watch or stare at people who are pulled over by the police
- Sing along with the music
- Think about what you have to do that day or night
- Doodle or make lists (i.e. grocery list, daily task list, etc.)
- Think about the argument/fight you just had
- Look around your vehicle when you notice an unfamiliar smell/odour
- Panic when a bee or insect enters your car

What percentage of collisions does distracted driving cause?

Distracted driving causes at least 1 out of 3 collisions

Top 10 Distractions are:

- Road-side objects, pedestrians and other activities
- Adjusting radio, cassette, CD
- Other occupant in the vehicle
- Moving object in vehicle
- Other device/object brought into the vehicle
- Adjusting vehicle/climate controls
- Eating and drinking
- Using/dialing cell phone
- Smoking related
- Other distraction

Top 5 Distractions that cause the most collisions are:

- Drinking a beverage
- Eating
- Adjusting the radio, CD, tape player
- Grooming (hair / makeup / shaving)
- Using a cell phone

What you SHOULD do:

Before leaving your driveway:

- Make sure your children are comfortable and properly buckled up
- Check your route of travel
- Complete your personal grooming
- Plan your music selections

While driving:

Make OPERATION OF YOUR VEHICLE your PRIMARY FOCUS

- Keep both hands on the steering wheel
- Keep your eyes on the road, use your peripheral vision and look way ahead
- Be alert for pedestrian activity/actions of other drivers
- Be alert. Drive when you are rested. Schedule frequent rest breaks every two hours
- Pull over to eat or drink
- If you **need** to use your cellular telephone, use a hands-free device and keep both hands on the steering wheel. Let voice mail take your calls until it's safe to answer your phone
- When dialing, stop your vehicle or have your passenger dial for you
- REMEMBER that involvement in a conversation is distracting
- DO NOT MULTI TASK

ALWAYS concentrate on your driving.

Together we can all make a difference!

www.mississauga.ca/safedriving