

How many things distracted you while driving last week?

Texting or messaging

Checking social media

Talking on the phone, even hands-free

Watching videos

Eating, drinking, or smoking

Grooming

Looking after children or pets

Chatting with passengers

Searching or reaching for an item

Looking at crashes or roadside sights

Checking a navigation system

Reading anything, including maps

Adjusting climate or music controls

Visit these agencies and organizations to find more information on distracted driving.

Michigan Office of Highway Safety Planning

Michigan.gov/DistractedDriving

National Highway Traffic Safety Administration

nhtsa.gov/risky-driving
distracted.gov

National Safety Council

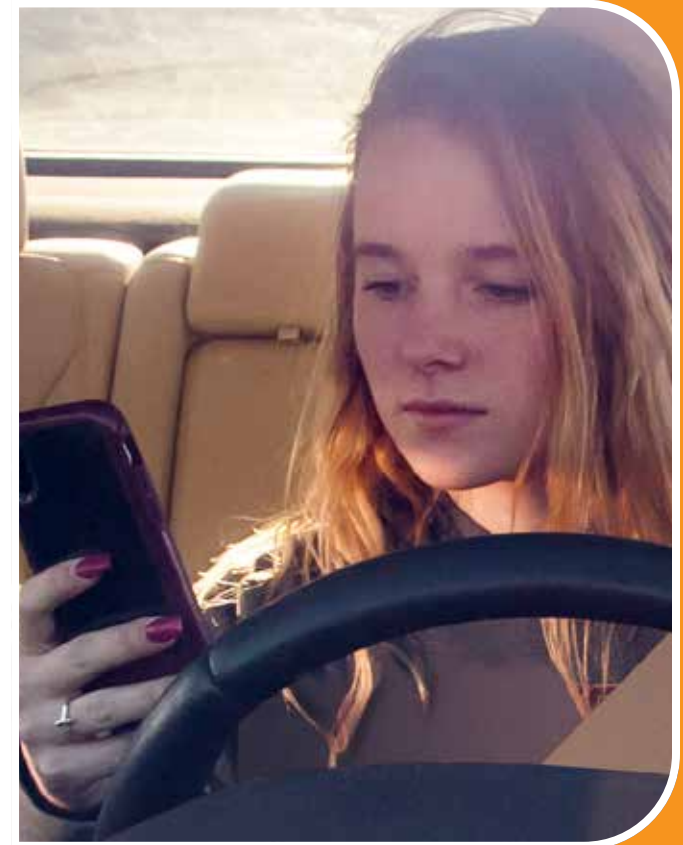
nsc.org/road/safety-topics



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517-284-3332
Michigan.gov/ohsp

This material was developed through a project funded by the Michigan Office of Highway Safety Planning and the U.S. Department of Transportation.

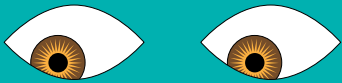
Eyes on the Road
Hands on the Wheel
Mind on the Drive



Safe Driving
Begins With You

Sending a quick text, taking a phone call, or munching on a treat can seem simple enough, but when those tasks—and others like them—are done while you are driving, they can become deadly distractions. Distracted driving happens when a driver does non-driving activities while operating a motor vehicle.

Texting is the most alarming distraction because it...



takes your eyes off the road.
(visual distraction)

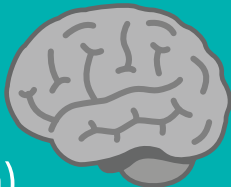
— **AND** —



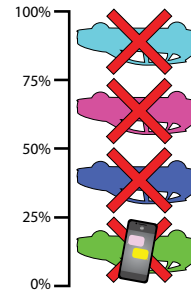
takes your hands off the wheel.
(manual distraction)

— **AND** —

takes your mind off the drive.
(cognitive distraction)



Distracted driving accounts for about **25%** of all crash fatalities.



Put the phone down and just drive.

Michigan's Texting While Driving Law

- Prohibits drivers from reading, manually typing, or sending a text message while driving.
- Defines driving as: operating a motor vehicle on a street or highway.
- Is a primary enforcement law, meaning officers can make traffic stops if they observe texting drivers.
- Includes exceptions for reporting crashes, crimes, or other emergencies.

\$100 ticket for the first offense



\$200 ticket for each subsequent offense



HOW NOT TO BE DISTRACTED.

Use your phone's Do Not Disturb feature or an app to silence calls and texts.

Put your phone in the glove box or elsewhere to curb the urge to look at it.

Avoid eating, drinking, and smoking while driving.

Never attempt to read while driving, including a map.

Do not do any personal grooming or adjust your clothing while driving.

Avoid a lot of interaction with passengers.

Emotions can interfere with driving. Do not drive when you are angry or upset.

Keep music at a reasonable level, and avoid using headphones or earbuds.

Pull over to a safe location and park your vehicle if you need to make or take a call.

Do not drive with a pet on your lap.

Ask a passenger to help navigate, change the music, or monitor your texts.

Pull over to a safe place to address situations involving children.

Do not daydream when you are behind the wheel.