

rate your risk

RATING KEY

Green My driving trips rarely or never involve this behavior.

Yellow Occasional trips involve this behavior, however I don't consider this to be one of my driving habits.

Red This behavior occurs on most or all of my trips. I consider this to be a habit or second nature when I'm driving.

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SUBMIT

Distracted driving is the presence of anything that can distract a driver's physical and mental attention from driving. A recent study has shown that nearly 80% of crashes and 65% of near crashes involve some form of driver inattention.*

Are you at risk of being a contributor in a crash resulting from distracted driving? This self-assessment may help you make that determination. For the most useful results, please thoughtfully consider each question and give an honest response.

Results are for your eyes only.

* NHTSA and Virginia Tech Transportation Institute, 2006.

ARE YOU A DISTRACTED DRIVER?

When driving, do you...

- Adjust the mirrors and seats, or locate accessory controls and climate settings as you are driving?
- Focus your attention on children or pets, rather than concentrate on the task of driving?
- Eat food or drink beverages while the vehicle is in motion?
- Make or take calls on either a hands-free or hand-held mobile phone while driving?
- Manage your sound or entertainment system while the vehicle is in motion?
- Check your email, search Internet or text while the vehicle is in motion?
- Attend to personal grooming tasks such as shaving or putting on makeup as you are driving?
- Read articles, maps, work-related materials, books, etc. while the vehicle is in motion?
- Set or adjust navigational devices while the vehicle is in motion?
- Search or retrieve items in a purse, glove compartment, briefcase or pockets while the vehicle is in motion?
- Become lost in thought and unaware of your surroundings?

FOCUSED

DISTRACTED

A panel of safe driving experts created this assessment. Each possible response was given a weight factor to determine the cumulative results. Weights are based on the behavior's possible affect on the driver's visual, manual and cognitive workload, factoring in the assumed duration and frequency of the distraction. This assessment is intended to be a self-awareness tool for the individual participant. Results are intended for the personal use of the participant.