



## Are You Driving Distracted?

Anything that takes your eyes off the road, your hands off the wheel or your mind off your driving can be a big problem. In fact, studies prove that your brain cannot give full attention to more than one thing at a time. Driving distractions include:

- cell phone use
- radios and CD players (including loud music)
- adjusting vehicle controls
- passengers
- programming GPS systems
- eating
- smoking
- daydreaming
- sleepiness or fatigue



### Minnesota Cell Phone and Texting Restrictions

#### • Statute: MS 169.475

Text-messaging, e-mailing or accessing the Web on a wireless device while driving — including while stopped in traffic — is **illegal** on Minnesota roads.

The violation can cost up to \$300 and applies to drivers of all ages. It's a primary offense, meaning law enforcement can stop a motorist if they observe a violation of the law.

### The Ultimate Distraction

Texting while driving takes your mind, eyes and hands away from the task of driving. If you text while driving, on average, you take your eyes off the road for up to 4.6 out of every six seconds. That's like travelling the length of a football field at 55 mph without looking up! Texting is simply one of the most dangerous things you can do while driving, and it's against the law.



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