

# STOP IT!

## There are Three Types of Distracted Driving



- 1. Manual:** taking your hands off the wheel
- 2. Visual:** taking your eyes off the road
- 3. Cognitive:** taking your mind off driving

*So Getting Into Your Vehicle,  
Ask Yourself, "What's Important Now?"*

- It's:** ✓ Keeping your hands on the wheel  
✓ Keeping your eyes on the road  
✓ Keeping your mind on your driving and avoid target fixation

*Remember, You Can't do a Single Thing  
or Help a Single Person if You Don't Get There.*

Studies show that when a driver is not focused on the road for just 4.6 seconds at 55 MPH that it's equivalent to driving the length of a football field while blindfolded! Always increase your safety zone if distractions arise to improve reaction time and to avoid other drivers who are distracted around you.

**Let's Just STOP IT and Remember "WIN"!**

Please contact FSRM Institute with any questions or for additional information at [loss.control@fsrmf.org](mailto:loss.control@fsrmf.org)