

Distracted Driving

Acknowledgements: National Highway Traffic Safety Administration (NHTSA)

www.distraction.gov/content/get-the-facts/index.html

There are 3 types of distractions drivers experience:

- Manual: taking your hands off the wheel
- Visual: taking your eyes off the road
- Cognitive: taking your mind off driving

Distracted driving is any activity that could divert a person's attention away from the primary task of driving. All distractions endanger driver, passenger, and bystander safety. These types of distractions include, but are not limited to:

- Texting
- Using a cell phone or smartphone
- Eating and drinking
- Talking to passengers
- Grooming
- Reading, including maps
- Using a navigation system
- Watching a video
- Adjusting a radio, CD player, or MP3 player
- Fatigue

Because text messaging requires visual, manual, and cognitive attention from the driver, it is by far the most alarming distraction. In Louisiana, our state laws for handheld devices are as follows:

- Handheld ban for drivers with a learner's permit or intermediate license regardless of age
- Ban on all cell phone use (handheld and hands-free) for bus drivers
- Ban on all cell phone use (handheld and hands-free) for novice drivers (under 18 years old)
- Ban on texting for all drivers

Driving defensively and preventing accidents is a win/win for all drivers on the road. As we see an upward trend in accidents involving cellular devices, please consider pulling off the road to answer any and all phone calls, dialing or placing any calls, as well as acknowledging or sending text messages and emails.

For roadway emergencies, please remember to call either 911 or *LSP for assistance.