



THE 4 TYPES OF DISTRACTED DRIVING

According to the Centers for Disease Control and Prevention, nine people are killed and more than 1,000 are injured each day due to distracted driving. Distracted driving is an increasingly problematic issue in the United States that poses a threat to all drivers. Businesses can play a crucial role in helping to prevent accidents linked to distracted driving by implementing risk management techniques. But, to do so, businesses must first understand the factors contributing to distracted driving.

VISUAL DISTRACTIONS



Visual distractions are those that divert a driver's eyes from the road. Examples include texting while driving, operating electronics, or looking at a nearby accident.

COGNITIVE DISTRACTIONS



Cognitive distractions are those that cause a driver to think about something other than driving carefully. Examples include daydreaming or multitasking.

AUDITORY DISTRACTIONS



Physical distractions are those that cause a driver to take their hands off the steering wheel. Examples include eating and drinking, conducting personal grooming tasks, or adjusting the radio.

PHYSICAL DISTRACTIONS



Auditory distractions are audible elements that divert a driver's attention away from the road. Examples include listening to music, having phone conversations, or talking to passengers.

We're here to help protect your business and your drivers.
[Contact us today](#) for risk management and insurance guidance.

