



# Driving Distractions: Staying Safe on the Road

Identifying cognitive, visual, and manual distractions

## Identify the Distraction

Read each situation carefully. Decide if it is a cognitive, visual, or manual distraction.

Cognitive Distraction

Visual Distraction

Manual Distraction

\_\_\_\_\_ Looking at your phone to  
read a text message.

\_\_\_\_\_ Eating a sandwich while  
driving.

\_\_\_\_\_ Daydreaming while the car is  
moving.