



ARE YOU A

**Distracted Driver?**



Every day in Missouri, troopers respond to traffic crashes caused by a distracted driver. A distraction can be visual, manual, or cognitive. Are you a distracted driver? When you're driving, do you take your hands off the wheel for any reason?

### **Do you:**

- Talk or text on your cellular phone?
- Eat or drink?
- Look at your navigational device?
- Socialize with passengers?
- Put on your makeup?
- Adjust the radio?

If you answered, "Yes" to any of those examples, you are a distracted driver who puts their life and that of others in danger.

### **Look at it this way:**

- When you're driving, are you reading road signs?
- Are you obeying traffic laws?
- Are you watching for potential hazards and other drivers?
- When you're driving, are you focused or does your attention wander? Are you thinking about being a courteous driver?
- Are you focused on the job of driving?

If you can't answer, "Yes" to each of those questions, you are a distracted driver who puts their life and that of others in danger.

### **So, how do you focus your attention on the right things when you're driving?**

1. Use your cell phone for emergency situations only—but not while driving.
2. If you are tired, pull off the road!
3. Limit the number of passengers inside your vehicle.
4. Avoid eating or drinking.
5. Multi-task BEFORE you start driving.

Missouri law directs motorists to "exercise the highest degree of care" and to drive the vehicle in a "careful and prudent manner." (Section 304.012 RSMo.) Are you following the law?

Driving is a full-time job. It is a privilege that shouldn't be taken for granted. The freedom to get into your vehicle and go somewhere should be respected. Pay attention when you drive. It's that simple.

**Emergency Assistance**  
**1-800-525-5555 or cellular \* 55**