

How Distracted Are You?

How much of a distracted driver are *you*? You can get an idea by rating how often you perform the following actions while driving. Using numbers from the Frequency Scale, fill in the Frequency box following each distraction.

Frequency Scale:

Never: 0 Rarely: 1 Occasionally: 3 Frequently: 5

Distraction	Frequency
1. Reach to pick up objects from the floor	
2. Eat snacks, sandwiches or meals	
3. Read maps, newspapers, or other publications	
4. Talk on a mobile phone	
5. Drink beverages	
6. Perform grooming activities such as combing hair, shaving or applying makeup	
7. Use a computer or PDA	
8. Look at things outside the vehicle for more than 1 second at a time.	
9. Make adjustments on your radio or music system that cause you to take your eyes off the road	
10. Reach for objects in a briefcase, purse or satchel	
11. Spend time deep in thought about work, family or other issues	
12. Divert your attention to children or passengers behind you.	
<u>Total Score</u>	

Your Score

The lower your score, the less distracted you are. However, no matter how good a driver you are, even one distraction at the wrong moment can have tragic consequences. The higher the score, (60 is the maximum) the more distracted you are. It also means you have to work harder at staying focused on your driving.