

CHAPTER 14

MANAGING DISTRACTIONS

VOCABULARY

- Driver Inattention
- Distracted Driving
- Cognitive Distraction
- Visual Distraction
- Auditory Distraction
- Biomechanical Distraction
- Projectile
- Gawking
- Rubbernecking

14.1 Driver Inattention and Distractions

- **Driver Inattention**-when a driver's awareness and focus drift to anything but the driving task
- **Distacted Driving**-when an even, person, activity, or object draws a driver's attention away from the driving task
- Drivers may look ahead, but just not see conflicts ahead
- Driver inattention may be unintentional...fatigue
- Main difference between the 2 is that driver distraction is caused by an event that directs the focus of a driver away from the driving task and driver inattention does not have to be a specific evnt, but rather a state of mind!!

Distraction Classifications

- **Cognitive Distraction**-when your mind is lost in thought or in a daydream
- **Visual Distraction**-anything that causes you to take your eyes off of the roadway ahead
- **Auditory Distraction**-any distraction caused by sounds
- **Biomechanical Distraction**-any mechanical act not specifically related to driving that is performed by a driver...picking up a cd, pushing a button, turning the volume down...etc.
- **Things to do if Distracted...**stop, get out and stretch, switch drivers, limit conversations with passengers, set rules for your vehicle and take control of it before you lose control of it...

14.2 DISTRACTIONS INSIDE THE VEHICLE

- 1 in 4 crashes is caused by distracted or inattentive driving
- Cell Phones are used to take photos, text, send pictures, get on the internet, and many other things that have no place occupying the time of the driver!!!
- Conversations can even be a cognitive distraction!!

Vehicle Equipment or Controls

- Technological advancements have also contributed to driver distraction like GPS systems
- Video entertainment systems are also a distraction although they should not be seen from the drivers seat!!!
- Elaborate vehicle sound systems also create a huge distractions!!!
- In most cities local ordinances prohibit the use of these devices and sound systems!!!

Other Distractions

- **Animals and Insects**-if an insect like a wasp or bee gets into the car then all the attention of the driver might be diverted from the roadway to the insect
- **Food and Drink**-this creates visual and biomechanical distractions
- **Passengers**-the behavior of passengers can also drastically divert the attention of the driver
- **Loose Objects**-if you drop a pen or an empty cup starts sliding on the ground, then that might also divert the driver's attention level
- **Projectiles**-flying objects that could become a hazard to the driver or passenger

14.3 DISTRACTIONS OUTSIDE THE VEHICLE

- Animals outside the vehicle, especially animals the driver doesn't usually see, will take the drivers attention off the roadway as well...
- Objects outside the vehicle will also divert attention like billboards, disabled vehicles, and storm damage!
- Crash and Fire Scenes also cause gawking (staring), and rubbernecking (looking all around the scene)
- Public Events also cause a lot of distraction with the amount of pedestrians and police officers and cars all around the field or arena