

How well do you know the three main types of distractions?



**VISUAL
DISTRACTIONS**



**Take your eyes
off the road**



**MANUAL
DISTRACTIONS**



**Take your hands
off the wheel**



**COGNITIVE
DISTRACTIONS**



**Take your mind
off of driving**

**When you're behind the wheel, your
only job is to drive.**

Just Drive.

nsc.org/justdrive