

## **DISTRACTED DRIVING CONTINUED.....**

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

**Distracted Driving applies to driving vehicles, trucks, AND fork trucks or other heavy equipment**



**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 or operating equipment, your only job is to drive.**

**Just Drive.**  
[nsc.org/justdrive](https://www.nsc.org/justdrive)

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