

Managing Distractions | Steer Clear

[MUSIC PLAYING]

(Text on Screen)

Managing Distractions

(Image)

An animated car is shown driving down the road. The moon goes down and the sun rises in the background. Image switches to an aerial view of a three-lane highway. Four cars are on the road. A red car merges between to cars in the middle lane. Image switches to show car driving with various icons of distraction items popping up in the sky: a breakfast bar, navigation, music and a cell phone. Another gray car passes the red car on the road.

(Speaker: Male Announcer)

It's 8:00 AM, and you jump in your car to drive to school. You have every intention of driving safely, but within minutes of merging onto the highway, you're tempted to eat your breakfast bar, check your navigation system, change your music playlist, and send a selfie to your sister.

(Text on Screen)

You're responsible for your safety, your passengers' safety, and the safety of others around you.

(Image)

Driver behind the wheel with a seat belt on. A passenger is added, then the scene pulls back to show the car navigating traffic on both sides, swerving into another lane slightly. Three icons representing good driving behavior appear: an eye, a steering wheel indicating 9 and 3, and spinning gear shifts.

(Speaker: Male Announcer)

You might not realize it, but doing just one of these tasks would make you a distracted driver. When you get behind the wheel, you assume a huge responsibility for your safety, your passengers' safety, and the safety of others you share the road with. By focusing on anything other than driving, you're putting everyone involved in unnecessary danger, so keep your eyes on the road, hands on the wheel, and mind on the task of driving.

(Image)

Car drives down road again. Various scenarios that can distract a driver appear in the background. This includes construction, a two-vehicle accident, pedestrians, billboards, and storefronts.

(Speaker: Male Announcer)

Stay alert, and be able to make quick decisions. Distractions are everywhere in and out of the car. Some outside events such as road construction, car crashes, and pedestrians are important to pay attention to. Billboards and window shopping—not so important.

(Image)

Car is shown with the distracted icons from earlier - the breakfast bar, navigation system, music and cell phone - shown with cancelled symbol over them. Image changes to show three hazard symbols appear next to the passenger side of the car.

(Speaker: Male Announcer)

Inside the car, you're in control of your actions and those of your passengers. Ask your passengers to help with safety. They can be your second set of eyes, looking out for hazards and can help with navigation.

(Image)

Car driving with the phone icon over it. The cancelled symbol is over the phone. It is then replaced by a timer that counts to five seconds. Two football field posts are shown in the background as the scene changes behind the car.

(Speaker: Male Announcer)

And as tempting as it may be, stay off your phone. An average text message takes five seconds to type. If you're driving 55 miles per hour, you'll have passed the length of an entire football field in those five seconds.

(Image)

Icon of a hands-free device. Then a cell phone with an equal sign.

(Text on Screen)

No significant safety benefit from hands-free technology.

(Speaker: Male Announcer)

Even hands-free devices are still risky. In fact, research shows no significant safety benefit from hands-free technology.

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