

What is Driver Distraction?

Worksheet

Driver distraction is any task that removes your focus from the road. Studies show distracted driving increases crash risk by 4–6 times, particularly when eyes leave the road for more than 2 seconds.

Questions

1. How much does distraction increase crash risk?

- A) 1.5 times
- B) 2 times
- C) 4–6 times
- D) Negligible

2. At 90 km/h, how far does a car travel in 3 seconds of distraction?

- A) 30 m
- B) 50 m
- C) 75 m
- D) 100 m

3. Texting while driving is:

- A) Only risky at night
- B) Risky but manageable
- C) 6× more risky than undistracted driving
- D) Safe if done at stoplights

4. Hands-free phone calls while driving:

- A) Eliminate distraction
- B) Are safe because hands are free
- C) Still impair reaction time cognitively
- D) Have no effect on crashes

5. A driver texts while stopped at a red light, then accelerates when it turns green but is still reading the message.

6. Driver eats a sandwich and looks down at their lap for 3 seconds at 90 km/h.

7. Driver is lost and glances repeatedly at GPS navigation.

8. Define: What is driver distraction?

9. Define: How much does distraction increase crash risk?

10. Define: Most dangerous distraction while driving?

Answer Key

1. C) 4–6 times — Research shows distracted driving increases crash risk by 4–6 fold, depending on distraction type.
2. C) 75 m — $90 \text{ km/h} = 25 \text{ m/s}$; $3 \text{ sec} \times 25 \text{ m/s} = 75 \text{ meters}$.
3. C) 6× more risky than undistracted driving — Texting involves visual, manual, and cognitive distraction — 23× higher crash risk than non-distracted driving.
4. C) Still impair reaction time cognitively — Hands-free calls still engage the mind away from driving; cognitive distraction increases crash risk.
5. Light turns green; driver still focused on phone screen Doesn't see that a pedestrian is crossing
Reaction time to brake increased 3–5 times Collision or near-miss occurs
6. 3 seconds at 90 km/h = 75 meters covered Driver's eyes were off the road the entire distance A vehicle changed lanes or a hazard emerged undetected By the time driver looks up, collision avoidance is impossible
7. Each glance is 1–2 seconds; total attention away = 10+ seconds During those 10 seconds, 250 m is covered at 90 km/h Intersection, pedestrian, or traffic change not seen Driver re-focuses on road too late to react safely
8. Any activity that diverts attention from the road, reducing awareness and slowing reaction time.
9. 4–6 times higher; especially if eyes leave the road for more than 2 seconds.
10. Visual distraction (texting, looking at phone); taking eyes off road for 2+ sec is critical.

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