

## #11-1 Distracted, Drowsy, Emotional Driving

1. **Three categories of distraction include visual, manual and:**

- A. Complex.
- B. Compound.
- C. Multiple.
- D. Mental.

2. **What should you do to prevent distractions that might arise while you're driving? (ie: eating, personal grooming, music choice)**

- A. Take care of them before you start driving.
- B. Only perform tasks at a stoplight.
- C. Have your passenger hold the wheel for you.
- D. Perform tasks when in a low-speed situation.

3. **How many times more likely are texting drivers involved in a crash overall:**

- A. 5 times.
- B. 8 times.
- C. 12 times.
- D. 20 times.

4. **Before you start driving, your cell phone should be:**

- A. Turned off.
- B. Put on vibrate.
- C. Turned on low volume.
- D. Placed on the dashboard.

5. **If you text and drive, how many times more likely are you to veer off the road and crash?**

- A. 10 times.
- B. 15 times.
- C. 3 times.
- D. 20 times.

6. **What is an effective way to remain awake after becoming sleepy while driving?**

- A. Turning on the air conditioning full blast.
- B. Increasing the volume of the radio.
- C. Open the windows.
- D. None of the above.

7. **What are the possible signs of aggressive driving?**

- A. Speeding.
- B. Following too closely.
- C. Failing to obey traffic controls.
- D. All of the above.

8. **What is an example of road rage?**

- A. Yelling at and/or threatening a roadway user.
- B. Failing to obey traffic controls.
- C. Improperly turning and maneuvering.
- D. All of the above.

9. **A human's 24 hour cycle of energy is called the:**

- A. Circadian pattern.
- B. Circadian rhythm.
- C. Sleep/wake chronology.
- D. Bio-chronomation.

10. **What age group are most likely to fall asleep while driving?**

- A. Under age 30.
- B. Age 30-45.
- C. Age 46-64.
- D. Age 65 and older.

11. **What are some warning signs of drowsiness?**

- A. Yawning repeatedly.
- B. Missing exits or traffic signs.
- C. Drifting from your lane.
- D. All of the above.

12. **How can a driver prevent drowsy driving?**

- A. Get a full night's rest before hitting the road.
- B. Drive long trips with a companion.
- C. Avoid driving after taking medications that cause drowsiness.
- D. All of the above.

13. **Short answer: Do you think you'll have trouble not being distracted by your cell phone when you're driving on your own?**