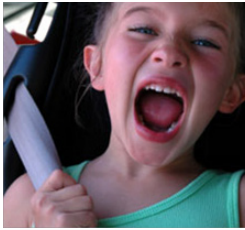


**Fatigue** is one of the most dangerous types of distractions that is likely to result in a fatality. If you're tired, make frequent stops, drive with your window down, drink caffeinated drinks, or share driving responsibilities with someone else.



## Children & Pets:

Driving with kid(s) that are whining, crying, or wanting your attention can also be a distraction. Educate children and teens about the importance of minimizing distractions so you can fully concentrate on driving safely.



The safest place for a pet inside a car is within a pet carrier, portable kennel, or specially designed pet harness, not on your lap!

**Gazing** for a long time at other activities on the roadway can also be a major distraction. For example, looking out your vehicle window at what you are passing in order to get a good look at:

1. A scenic view or billboards
2. Construction work
3. An accident
4. Vehicles pulled over by law enforcement
5. Street signs or addresses

## Preventions To consider:

1. Make any necessary adjustments before departing. For example: radio, seat belt, GPS, seats, mirrors, and AC unit.
2. Avoid driving prior to or during an emotional episode; emotions can impair your ability to drive safely.
3. Keep your eyes focused on the road and your hands on the steering wheel since accidents can happen in a matter of seconds.

\*Note that driving is not a right but a privilege and with it comes responsibility to passengers as well those with whom you share the road.

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## CRIME PREVENTION

Crime prevention has been defined as the anticipation, the recognition and the appraisal of a crime risk and the initiation of some action to remove or reduce it.

CSU FULLERTON POLICE

**EMERGENCY**  
(24 Hours)  
**911**

**POLICE DISPATCH**  
(24Hours)  
(657) 278-2515

prepared by the Community Services  
(657) 278-3432

[www.police.fullerton.edu](http://www.police.fullerton.edu)

# Distracted



# Driving

**CRIME PREVENTION UNIT**  
**CSU FULLERTON**  
**UNIVERSITY POLICE**  
**(657) 278-2515**

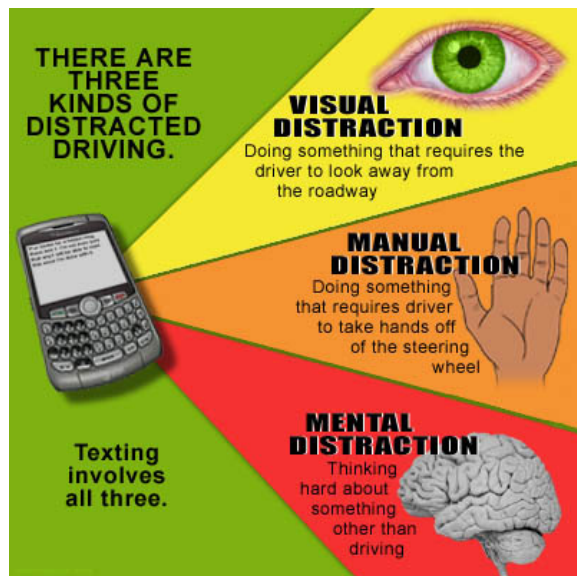


**Dennis DeMaio**  
**CHIEF OF POLICE**



CALIFORNIA STATE UNIVERSITY  
**FULLERTON**

**Distractions** while driving can come in many different forms. Distraction by definition is the divided attention of an individual from the chosen object of attention onto the source of distraction. A vehicle can be safely operated with fewer distractions.



When you think about the actions you make in your vehicle other than just driving, you can see that they often involve more than one type of distraction. For instance, if you change your radio station, you take one hand off the steering wheel to press a button and take your eyes off the road to look at the button you want to press.



## Types of Distractions:

1. Cell Phones
2. Eating/Drinking
3. Children, Pets
4. Personal Grooming
5. Reading, GPS Units
6. Gazing
7. Fatigue

**Cell Phone** use is another form of distractive driving. Drivers in California may legally drive and talk on a cell phone when using a hand-free type device. Such a device can be a wired headset, a Bluetooth ear piece, or Bluetooth built into a vehicle.

However, talking and driving can be a major distraction. Unlike talking to a passenger, the person on the other end of the cell phone cannot notice when you are about to enter a complex driving situation. When talking on a cell phone, your mind is distracted on the conversation at hand and not the traffic conditions ahead.

The reaction time is delayed for a driver talking on a cell phone as much as it is for a driver who is legally drunk.

### Texting or surfing the net:

Although text messages are brief, (that are sent from one cell phone to another from anywhere and at anytime) they are still considered a distraction.

Do not text or surf the web while operating a vehicle. If it is imperative that you must take a call or text, then pull over to a safe place to fulfill the task.

## Eating & Drinking:

For many people in California, the simple task of eating is difficult to accomplish because of their busy schedules. Instead of taking time out to eat, they eat while driving to their next destination, which can be unsafe. Some foods are more dangerous to consume while driving because they are messy. For example:



hamburgers, soups, chili- dogs, ribs, wings, fried chicken, jelly doughnuts, etc. Liquids, especially hot ones, are even more dangerous to drink while driving. If you spill on yourself while driving, this could lead to an accident due to your natural reaction to the hot liquid.

**Personal Grooming** is something that is meant to be done at home and not while driving. Give yourself enough time to groom yourself at home rather than while driving.

## Reading & GPS Units:

When driving in unfamiliar areas make sure that you set up the GPS or check maps before your departure. Further navigational assistance may require you to pull over to a safe area. In these situations it is beneficial if you have a passenger helping you navigate.