Three main types of distracted driving:
- Visual – taking your eyes off the road.
- Manual – taking your hands off the wheel.
- Cognitive – taking your mind off what you are doing.

Talking on cell phones and texting behind the wheel both lead to distraction. Driver inattention is the leading cause of accidents.

Texting While Driving National Statistics:
- Distracted drivers cause nearly 3,000 deaths and nearly 400,000 injuries every year.
- While teenagers are texting, they spend about 10 percent of the time outside their driving lane.
- Young driver’s reaction time, while talking on a cell, may be as slow as a 70-yr. old.

Beware of Distracted Drivers – Stay vigilant and watch for these signs:
- Swerving.
- Taking extreme wide turns.
- Driving too slow.
- Following too closely.
- Braking erratically.

What is a Work Zone?
Temporary traffic control zone; change from normal traffic patterns where people & equipment are at risk.

Work Zone Traffic Safety
Transportation incidents and workers struck-by vehicles or mobile equipment account for the highest number of fatal work injuries, according to the Bureau of Labor Statistics. Workers such as emergency responders, clean-up, utility, demolition, construction, and others in areas where there are moving vehicles and traffic are exposed to being struck-by moving vehicles. Work zones are used to move traffic in an approved direction and are typically identified by signs, cones, barrels, and barriers.

Operations in a Work Zone:
Construction; maintenance; utility work; emergency response; and environmental sampling.

Regulations to Follow:
All traffic control operations and devices must conform to Manual on Uniform Traffic Control Devices (MUTCD) and State DOT Design Standards. MUTCD Available online from DOT -- [http://mutcd.fhwa.dot.gov](http://mutcd.fhwa.dot.gov)

Preventing Struck-By Accidents
- Properly plan traffic control and follow applicable rules.
- Use proper lighting and road signs.
- Trained/certified flaggers.
- Utilize proper work zone barriers.
- Wear high-visibility clothes.
- Wear seat belts and use rollover protections.
- Never position yourself between moving and fixed objects.
- Plan yourself an escape route.