**DISTRACTED DRIVING 101**

1. Who are the exceptions to Army Regulation 385-10, Paragraph 4-E pertaining to the use of cellular telephones or other hand-held devices?

2. What are the three simultaneous distractions involving hand-held cellphones?

3. True or False: Voice texting is safer than normal manual texting.

4. Besides texting, what are some other activities that divert someone’s attention from driving? Name five (5).

5. In your own words, what else can we do, other than turning off our hand-held devices, to not become distracted while driving?