ONE TEXT OR CALL COULD WRECK IT ALL

WWW.TNTRAFFICSAFETY.ORG
Text messaging is a visual, manual, & cognitive distraction.

**VISUAL**
- Reading
- Using a GPS
- Watching a video

**MANUAL**
- Eating and drinking
- Grooming
- Adjusting the volume

**COGNITIVE**
- Talking to passengers
- Using a hands-free phone
- Adjusting the volume

What you can’t see can hurt you.