





## Employee Quiz

### Topic: Distractions While Driving

Employee Name: \_\_\_\_\_

Circle the correct answer below.

1. It is always important to drive \_\_\_\_\_, and stay aware of other drivers.
  - a. Offensively
  - b. Defensively
  - c. Distractedly
  - d. All of the above
  
2. The average text message takes your eyes off the road for nearly \_\_\_\_\_ seconds.
  - a. 2
  - b. 3
  - c. 4
  - d. 5
  
3. In the amount of time it takes to read the average text message while driving, at 60 mph, you will have traveled:
  - a. 6 miles
  - b. The length of a football field
  - c. About 440 feet (110 feet farther than a football field)
  - d. 200 feet
  
4. Which of the following is recommended to decrease driving distractions?
  - a. Texting while driving
  - b. Eating while driving
  - c. Adjusting the radio while driving
  - d. Stopping every two hours for a break when driving long distances
  
5. Conversation in a vehicle is not considered a distraction.
  - a. True
  - b. False

Training record: Date: \_\_\_\_\_ Jobsite/Facility: \_\_\_\_\_  
Trainer: \_\_\_\_\_ Title: \_\_\_\_\_