

Mayo Clinic Minute
Distracted Driving Simulator

	AUDIO
	<i>Voice on simulator: Just text him.</i>
	Deb is about to find out how distraction ...
	<i>Voice on simulator: 3, 0, 3, 6, 4.</i>
	can prove deadly.
	<i>Sound of woman gasping, followed by sirens.</i>
	<i>Voice on simulator: You have been convicted of the crime ...</i>
	People are usually shocked ...
	Mayo Clinic injury prevention coordinator Kim Lombard says this distracted driving simulator is an eye-opener.
Title: KIM LOMBARD INJURY PREVENTION COORDINATOR Mayo Clinic Trauma Center	Generally, people are like, 'I'm never going to text and drive,' is really what we are hearing.
	The simulator highlights three main types of driving distractions.
Graphic: DRIVING DISTRACTIONS Visual Manual Cognitive	Visual distraction takes your eyes off the road. Manual takes your hands off the wheel. And, cognitive distraction is something that takes your mind off driving.
	Texting, however, is one that involves all three of those distractions.
	And, they're longer than you might think.

	Highway safety officials say 5 seconds is the average time your eyes are off the road while texting. At 55 miles-an-hour, that's enough time to travel the length of a football field.
	... which can definitely result in a crash occurring.
	This simulator proves it,
	<i>Voice on simulator: Can you use your phone and call my boss?</i>
	and hopefully prevents it, too.
	It comes down to behavior change and what are simple things you can do to make sure you're driving safely.
Graphic: newsnetwork.mayoclinic.org	For the Mayo Clinic News Network, I'm Jeff Olsen.