

Distracted Driving Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. What role does emotional awareness play in safe driving?**
 - A. It decreases driver confidence**
 - B. It helps in recognizing when to stop driving**
 - C. It prevents distractions from outside stimuli**
 - D. It allows drivers to focus solely on the road**

- 2. Why is driving distracted similar to driving under the influence?**
 - A. Both reduce the need for speed limits**
 - B. Both significantly impair judgment and reaction time**
 - C. Both are considered illegal**
 - D. Both are less common among younger drivers**

- 3. Which of the following actions should be avoided while driving?**
 - A. Adjusting seatbelt**
 - B. Eating food**
 - C. Using cruise control**
 - D. Listening to the radio**

- 4. Which of the following is NOT considered a distraction while driving?**
 - A. Texting while driving**
 - B. Adjusting the radio**
 - C. Eating a meal**
 - D. Using cruise control**

- 5. What can help promote safe driving habits among new drivers?**
 - A. Immediate access to mobile devices**
 - B. A lack of peer pressure**
 - C. Education about safe driving practices**
 - D. Encouragement of multitasking while driving**

- 6. How does alcohol consumption affect a driver's ability to manage distractions?**
- A. It has no impact on driving within legal limits**
 - B. It enhances a driver's ability to handle distractions**
 - C. It significantly impairs judgment and focus**
 - D. It helps a driver stay alert**
- 7. What happens to a passenger in a high-speed crash when wearing a seat belt?**
- A. The seat belt provides complete protection from injury**
 - B. The seat belt fails to restrain the passenger**
 - C. The seat belt pushes back on the passenger to absorb force**
 - D. The seat belt causes additional injuries**
- 8. Which demographic is primarily targeted by Lacey's Law?**
- A. Adults over 30**
 - B. Teen drivers**
 - C. Children under 10**
 - D. All drivers**
- 9. In a car accident without a seatbelt, where does the impact primarily hit?**
- A. The chest region**
 - B. The head taking most of the impact**
 - C. The knees and legs**
 - D. The lower back region**
- 10. What is a common consequence of distracted driving?**
- A. Higher insurance premiums**
 - B. Increased likelihood of traffic violations**
 - C. Increased likelihood of accidents**
 - D. Extended travel time**

Answers

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1. B
2. B
3. B
4. D
5. C
6. C
7. C
8. B
9. B
10. C

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Explanations

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1. What role does emotional awareness play in safe driving?

- A. It decreases driver confidence**
- B. It helps in recognizing when to stop driving**
- C. It prevents distractions from outside stimuli**
- D. It allows drivers to focus solely on the road**

Emotional awareness plays a crucial role in recognizing when a driver is unfit to continue driving. By being aware of one's emotional state, a driver can identify feelings of anger, sadness, stress, or anxiety, which can significantly impair their ability to concentrate and make sound decisions on the road. Understanding these emotions allows drivers to act responsibly by choosing to stop driving if they feel overwhelmed or unable to maintain full attention to driving tasks. This self-awareness promotes safer driving practices by preventing situations where emotional distress could lead to distractions or risky behavior behind the wheel.

2. Why is driving distracted similar to driving under the influence?

- A. Both reduce the need for speed limits**
- B. Both significantly impair judgment and reaction time**
- C. Both are considered illegal**
- D. Both are less common among younger drivers**

Driving distracted is similar to driving under the influence because both behaviors significantly impair judgment and reaction time. When a driver is distracted—whether by texting, talking on the phone, or engaging with passengers—they are unable to focus entirely on the road and the driving task at hand. This diversion of attention leads to slower responses to sudden changes in road conditions, such as pedestrians crossing or vehicles braking unexpectedly. Similarly, driving under the influence of alcohol or drugs affects cognitive functions and motor skills. It reduces a person's ability to make quick decisions, process information, and react appropriately to their environment. As a result, a distracted driver may not react as swiftly as a fully alert driver, just as an intoxicated driver would struggle to make quick, sound decisions. Both scenarios can drastically increase the likelihood of accidents, making it critical to understand the serious dangers linked to distracted driving.

3. Which of the following actions should be avoided while driving?

- A. Adjusting seatbelt**
- B. Eating food**
- C. Using cruise control**
- D. Listening to the radio**

Eating food while driving should be avoided because it can significantly distract a driver's attention away from the road. Engaging in this activity requires using both hands to manage food and utensils, which can lead to decreased control over the vehicle. Eating may also lead to fumbling with items, causing eyes to glance away from the road, which increases the risk of accidents. In contrast, adjusting a seatbelt is a necessary safety precaution and often takes only a moment without diverting much focus. Using cruise control can actually enhance driving safety by allowing the driver to maintain a consistent speed, while listening to the radio is typically a less distracting activity, as it doesn't require physical manipulation of devices in a way that would take attention away from driving. Therefore, among the choices given, eating while driving poses the most significant risk for distraction.

4. Which of the following is NOT considered a distraction while driving?

- A. Texting while driving**
- B. Adjusting the radio**
- C. Eating a meal**
- D. Using cruise control**

Using cruise control is generally not considered a distraction while driving because it allows the driver to maintain a steady speed without having to manually control the accelerator pedal. This feature is designed to enhance convenience and can free up a driver's foot to perform other minor tasks, such as adjusting the radio or using a GPS, while still keeping the vehicle under control. As a safety feature, it allows the driver to focus more on the road rather than on speed control, provided the driver remains aware of their surroundings. In contrast, texting while driving, adjusting the radio, and eating a meal can divert a driver's attention visually, manually, or cognitively from driving. These activities can significantly impair the driver's ability to react to hazards on the road, making them common examples of distractions that can lead to increased risks of accidents.

5. What can help promote safe driving habits among new drivers?

- A. Immediate access to mobile devices**
- B. A lack of peer pressure**
- C. Education about safe driving practices**
- D. Encouragement of multitasking while driving**

Education about safe driving practices is crucial in promoting safe driving habits among new drivers. When new drivers are educated about the risks associated with distracted driving and the importance of focusing entirely on the road, they become more aware of their responsibilities behind the wheel. This education typically includes information on the dangers of distractions such as mobile devices, the significance of adhering to traffic laws, and strategies for maintaining concentration while driving. Well-informed drivers are better equipped to make responsible decisions, understand the consequences of their actions, and develop habits that prioritize safety, ultimately leading to a reduction in accidents and promoting a culture of safety on the roads.

6. How does alcohol consumption affect a driver's ability to manage distractions?

- A. It has no impact on driving within legal limits**
- B. It enhances a driver's ability to handle distractions**
- C. It significantly impairs judgment and focus**
- D. It helps a driver stay alert**

Alcohol consumption significantly impairs a driver's judgment and focus, which directly impacts their ability to manage distractions effectively. When a person consumes alcohol, their cognitive functions are negatively affected, including decision-making, reaction times, and concentration. This impairment makes it more challenging to recognize and respond to distractions on the road, such as a cell phone notification, a passenger's conversation, or unexpected situations. When someone is under the influence of alcohol, even within legal limits, their ability to process information quickly diminishes. This impairment can lead to delayed reactions, poor risk assessment, and an increased likelihood of engaging in risky driving behaviors. Consequently, a driver may struggle to handle multiple tasks, such as navigating traffic while dealing with other in-car distractions, thereby heightening the risk of accidents. Maintaining focus and sound judgment is crucial for safe driving, particularly in managing distractions; therefore, alcohol's detrimental effects on these abilities underscore the importance of remaining sober while behind the wheel.

7. What happens to a passenger in a high-speed crash when wearing a seat belt?

- A. The seat belt provides complete protection from injury**
- B. The seat belt fails to restrain the passenger**
- C. The seat belt pushes back on the passenger to absorb force**
- D. The seat belt causes additional injuries**

When a passenger is involved in a high-speed crash and is wearing a seat belt, the seat belt aids in absorbing and distributing the forces generated during the collision. By pushing back against the passenger, the seat belt helps to manage the energy of the impact, preventing the passenger from being thrown forward into the interior of the vehicle or ejected from it. This controlled restraint minimizes the risk of severe injuries that could occur if the passenger were unrestrained. Proper seat belt use is crucial; it allows the body's natural ability to absorb impact forces to function more effectively. Instead of a violent, sudden stop, the seat belt ensures that the deceleration is more gradual, which can help reduce the severity of injuries sustained during the crash. This is why the choice emphasizing the interaction of the seat belt with the passenger during a high-speed impact is correct, highlighting its role in safety by absorbing force and protecting the individual.

8. Which demographic is primarily targeted by Lacey's Law?

- A. Adults over 30**
- B. Teen drivers**
- C. Children under 10**
- D. All drivers**

Lacey's Law primarily targets teen drivers because this demographic is statistically more likely to engage in risky driving behaviors, including distracted driving. The law aims to address the specific challenges and tendencies of younger drivers, who may be more susceptible to distractions from mobile devices, social interactions, and the general inexperience associated with being new drivers. By focusing on teen drivers, Lacey's Law seeks to reduce the high rates of accidents in this age group, promote safer driving habits, and educate young individuals about the dangers of distractions while driving. The emphasis on this demographic is crucial in fostering responsible driving practices from an early age.

9. In a car accident without a seatbelt, where does the impact primarily hit?

- A. The chest region**
- B. The head taking most of the impact**
- C. The knees and legs**
- D. The lower back region**

In the event of a car accident where a person is not wearing a seatbelt, the body will continue moving forward at the same speed as the vehicle due to inertia. When the car suddenly stops due to a collision, the head often becomes the first point of contact with the steering wheel, dashboard, or windshield, depending on the nature of the accident. This can lead to severe injuries to the head and brain, such as concussions or traumatic brain injuries. While other body parts might sustain injuries in an accident without a seatbelt, the head is particularly vulnerable because it is not restrained. The rapid movement and subsequent stop can result in a violent jolt impacting the head. This explains why the head can take the most force during a crash when a seatbelt is not used, making it essential for all occupants of a vehicle to properly wear their seatbelts to help prevent such injuries.

10. What is a common consequence of distracted driving?

- A. Higher insurance premiums**
- B. Increased likelihood of traffic violations**
- C. Increased likelihood of accidents**
- D. Extended travel time**

A common consequence of distracted driving is the increased likelihood of accidents. When a driver is distracted, whether by mobile devices, passengers, or other factors, their attention is compromised, leading to slower reaction times and poor decision-making. This lack of focus can result in collisions with other vehicles, pedestrians, obstacles, or any number of dangers on the road. Distracted driving significantly hampers a driver's ability to recognize hazards and respond promptly, which is why it is strongly linked to a higher rate of traffic accidents. The primary concern is safety; therefore, understanding that distractions directly correlate to accidents emphasizes the importance of maintaining attention while driving. Other potential outcomes, such as higher insurance premiums or traffic violations, stem from the accidents themselves rather than being directly attributable to the distraction. Extended travel time may occur as a result of these accidents, but it is not as inherently linked to the act of distracted driving itself.

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://distracteddriving.examzify.com>

We wish you the very best on your exam journey. You've got this!

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