

DISTRACTED DRIVING PRACTICE TEST (SAMPLE)

STUDY GUIDE



Prepare with structure. Pass with confidence



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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. Why is it dangerous to engage the brain in multiple activities while driving?**
 - A. It makes driving boring
 - B. It decreases brain activity
 - C. It can prevent reaction time
 - D. It increases awareness of surroundings
- 2. Which administration conducts research on safe driving habits?**
 - A. FMCSA
 - B. NHTSA
 - C. DOT
 - D. AAA
- 3. Which type of distraction involves not being fully aware because of thinking about other things?**
 - A. Cognitive distraction
 - B. Visual distraction
 - C. Auditory distraction
 - D. Biomechanical distraction
- 4. 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
- 5. What should drivers do when they need to make a call?**
 - A. Use hands-free technology or pull over
 - B. Make the call without any precautions
 - C. Text instead of calling
 - D. Ignore the call and continue driving

- 6. What happens to organs during an accident where the body is unrestrained?**
- A. They remain in place
 - B. They can hit the skeleton due to inertia
 - C. They become compressed against other organs
 - D. They are protected by muscle tissue
- 7. How many states have primary seat belt laws?**
- A. 30 states
 - B. 31 states
 - C. 32 states
 - D. 33 states
- 8. When did the current seat belt law for minors come into effect?**
- A. January
 - B. June
 - C. December
 - D. March
- 9. How long are a driver's eyes typically off the road when sending a text?**
- A. Three seconds
 - B. Five seconds
 - C. Ten seconds
 - D. Fifteen seconds
- 10. What effect does distracted driving have on accident rates?**
- A. It decreases accident rates
 - B. It significantly increases accident rates
 - C. It has no impact on accident rates
 - D. It only affects minor accidents

Answers

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

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Explanations

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1. Why is it dangerous to engage the brain in multiple activities while driving?

- A. It makes driving boring
- B. It decreases brain activity
- C. It can prevent reaction time**
- D. It increases awareness of surroundings

Engaging the brain in multiple activities while driving is dangerous primarily because it can prevent reaction time. When a driver divides their attention among several tasks—such as texting, talking on the phone, or even adjusting the radio—they are less able to focus on the critical task of driving. This divided attention can lead to slower responses to sudden changes in the driving environment, such as a pedestrian crossing the road or a car stopping abruptly. Reaction time is crucial for safety on the road, and any delay can significantly raise the risk of accidents. While some might think that engaging in multiple activities makes driving boring or that it could increase awareness, these perceptions overlook the reality that multitasking fundamentally compromises cognitive resources necessary for safe driving. Therefore, limiting distractions is essential for maintaining a quick and effective reaction time while on the road.

2. Which administration conducts research on safe driving habits?

- A. FMCSA
- B. NHTSA**
- C. DOT
- D. AAA

The National Highway Traffic Safety Administration (NHTSA) is the agency responsible for researching safe driving habits. This organization aims to save lives, prevent injuries, and reduce road traffic crashes through a variety of methods, including the study of driver behavior and the implementation of traffic safety programs. The NHTSA conducts extensive research, analyzes data related to motor vehicle safety, and develops educational resources that inform the public about safe driving practices. Their focus on enhancing overall road safety through research is why they are the correct answer in this context. Other options, while relevant to transportation and safety, do not have the primary research focus on driving habits in the same way as the NHTSA. The FMCSA is more concerned with the safety of commercial motor vehicles, the DOT oversees all aspects of transportation in the U.S., and AAA provides services and advocacy for drivers but is not primarily a research organization.

3. Which type of distraction involves not being fully aware because of thinking about other things?

- A. Cognitive distraction**
- B. Visual distraction
- C. Auditory distraction
- D. Biomechanical distraction

Cognitive distraction is the type that involves a lack of full awareness due to the mind being occupied with other thoughts. When a driver's attention is diverted because they are thinking about personal issues, planning their day, or recalling past events, their cognitive focus on driving diminishes. This can lead to slower reaction times and an inability to process important visual and auditory information from the driving environment. In contrast, visual distractions draw attention away from the road using sight, such as looking at a phone or adjusting the radio. Auditory distractions involve sounds that capture attention, like loud music or conversations, which can divert focus but do not occupy cognitive processing in the same way. Biomechanical distractions relate to physical movements not directly tied to driving, such as reaching for items in the vehicle.

4. 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.

5. What should drivers do when they need to make a call?

- A. Use hands-free technology or pull over**
- B. Make the call without any precautions
- C. Text instead of calling
- D. Ignore the call and continue driving

Using hands-free technology or pulling over is the safest option for drivers when they need to make a call. This approach reduces cognitive distraction and allows the driver to maintain full attention on the road. Hands-free devices can minimize physical distractions but may still require cognitive engagement that can affect driving performance. By pulling over, drivers can safely focus on their conversation without compromising their ability to control the vehicle or react to road conditions. Other choices do not prioritize safe driving. Making a call without precautions increases the risk of being distracted, while texting instead of calling introduces even more distraction and is often illegal. Ignoring the call while continuing to drive ignores the demands of social responsibility and does not consider the potential need for communication in urgent situations. Overall, utilizing hands-free technology or stopping to make the call promotes safety and responsible driving practices.

6. What happens to organs during an accident where the body is unrestrained?

- A. They remain in place
- B. They can hit the skeleton due to inertia**
- C. They become compressed against other organs
- D. They are protected by muscle tissue

During an accident involving an unrestrained individual, inertia plays a significant role in what happens to the organs. When a vehicle comes to a sudden stop, the body may continue to move at the same speed due to inertia. This leads to a situation where the internal organs are not secured in place as they would be with a seatbelt. As a result, these organs can collide with the skeletal structure of the body, which can cause significant injury. The abrupt change in motion means that the organs can hit against the ribs, spine, or other bones, leading to possible bruising, tearing, or other serious bodily harm. Understanding this principle highlights the critical importance of using seatbelts and other safety restraints to minimize these risks during a collision.

7. How many states have primary seat belt laws?

- A. 30 states
- B. 31 states**
- C. 32 states
- D. 33 states

The correct answer indicates that 31 states have primary seat belt laws. Primary seat belt laws allow law enforcement officers to stop and ticket a driver or passenger solely for not wearing a seat belt, without needing any other traffic violation to justify the stop. This type of legislation is designed to enhance the enforcement of seat belt usage and improve overall road safety. States with primary seat belt laws tend to have higher compliance rates, leading to reduced fatalities and serious injuries in automobile accidents. These laws play a crucial role in promoting safe driving habits, ensuring that everyone in the vehicle is properly secured, which is vital for preventing injuries during collisions. Additionally, understanding the specific number of states with such laws can help drivers recognize the varying regulations that exist across the country, emphasizing the importance of buckling up regardless of the legal requirements in their state.

8. When did the current seat belt law for minors come into effect?

- A. January
- B. June
- C. December**
- D. March

The current seat belt law for minors came into effect in December. This timing is significant because laws can often take effect at the start of the year or at designated times, allowing for proper public awareness and enforcement planning. Implementing a seat belt law for minors highlights the importance of protecting younger passengers, who are often more vulnerable in the event of a crash. Understanding that these laws are instituted to enhance safety can help reinforce the responsibility of drivers to ensure that all passengers, especially children and teens, are properly restrained while traveling. In contrast, other months like January, June, and March can hold varied meanings for law implementation or public campaigns, but the specific enactment of this particular law is firmly linked to December, indicating a focused initiative to start the new year with reinforced safety measures for young passengers.

9. How long are a driver's eyes typically off the road when sending a text?

- A. Three seconds
- B. Five seconds**
- C. Ten seconds
- D. Fifteen seconds

When sending a text, a driver's eyes are typically off the road for about five seconds. This duration can have a significant impact on driving safety, as even a short lapse in attention can lead to accidents. During those five seconds, a vehicle traveling at 55 mph can cover the length of a football field, creating a dangerous situation not only for the driver but also for other road users. The average time it takes to type a quick message may seem minimal, but the implications of distracted driving are substantial, demonstrating the critical importance of remaining focused on the road at all times.

10. What effect does distracted driving have on accident rates?

- A. It decreases accident rates
- B. It significantly increases accident rates**
- C. It has no impact on accident rates
- D. It only affects minor accidents

Distracted driving significantly increases accident rates because it diverts the driver's attention from the critical task of operating the vehicle safely. When a driver is distracted—whether by texting, talking on the phone, adjusting the radio, or engaging in another activity—they are less likely to notice important visual cues and changes in their environment, such as pedestrians, traffic signals, or other vehicles. This loss of focus can lead to delayed reactions in critical situations, increasing the likelihood of collisions. Statistics and numerous studies have shown a clear correlation between distracted driving behaviors and a rise in crash incidents. For instance, texting while driving can be particularly dangerous; it can take a driver's eyes off the road for several seconds, substantially increasing the risk of an accident. The consequences of these distractions are not limited to minor accidents, as they can lead to severe injuries or fatalities, underscoring the widespread impact on road safety. Thus, the assertion that distracted driving significantly increases accident rates reflects the seriousness of the issue and the critical need for drivers to maintain full attention while driving.

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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