DISTRACTED DRIVING PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR THE FULL VERSION STUDY GUIDE

https://distracteddriving.examzify.com

Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright 1

Table of Contents 2

Introduction 3

How to Use This Guide 4

Questions 5

Answers 8

Explanations 10

Next Steps 15

SAMPLE

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.

SAMPLE

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!

SAMPLE

Questions

SAMPLE

1. **What device is designed to help mitigate distracted driving by blocking notifications?**

   A. Airplane Mode

   B. Do Not Disturb mode

   C. Silent mode

   D. Camera mode

2. **What should a driver do if they notice someone driving erratically due to distraction?**

   A. Tailgate to see what's wrong

   B. Keep a safe distance and report to authorities if necessary

   C. Use your horn to alert them

   D. Attempt to pass them quickly

3. **What does "Rubbernecking" refer to in the context of driving distractions?**

   A. Speeding while distracted

   B. Slowing down to look at a traffic accident or roadside incidents

   C. Driving aggressively to get a better view

   D. Changing lanes without looking

4. **What percentage of fatal car accidents in the U.S. is attributed to lack of proper restraint?**

   A. 40%

   B. 50%

   C. 60%

   D. 70%

5. **What impact do load limiters have on the experience of a passenger during a crash?**

   A. They provide no benefit to the passenger

   B. They increase the risk of injury

   C. They help manage the force of impact

   D. They make the seat belt more difficult to use

SAMPLE

6. What penalties might a driver face for distracted driving?

A. Rewards for safe driving

B. Fines and license points

C. Additional driving privileges

D. Free driving lessons

7. How can you properly secure loose items in your vehicle to prevent distractions?

A. Leave them on the passenger seat

B. Store them in the trunk or a secure compartment

C. Place them on the dashboard

D. Keep them in your lap

8. What is the most effective way to change driver behavior concerning distractions?

A. Increased penalties for distracted driving

B. Education and self-awareness

C. Stricter enforcement of traffic laws

D. Enhanced vehicle safety features

9. How can using a navigation app distract a driver?

A. It requires visual attention to the screen

B. It frequently recalibrates

C. It speaks directions loudly

D. It allows for real-time traffic updates

10. Which distraction involves looking away from the road?

A. Manual distraction

B. Visual distraction

C. Cognitive distraction

D. Auditory distraction

SAMPLE

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. What device is designed to help mitigate distracted driving by blocking notifications?

A. Airplane Mode

B. Do Not Disturb mode

C. Silent mode

D. Camera mode

The device that is designed to help mitigate distracted driving by blocking notifications is referred to as "Do Not Disturb mode." This feature is specifically tailored to prevent interruptions from calls, texts, and app notifications while you are driving. When activated, it allows a user to focus on the road without the distractions that come from incoming messages or alerts. Unlike Airplane Mode, which disables all wireless communications entirely and may not allow important emergency communications, Do Not Disturb mode provides a more selective approach, allowing certain contacts or emergency services to bypass the restrictions if deemed necessary. Silent mode merely silences alerts and notifications but does not block them, meaning distractions can still occur as the phone may vibrate or light up. Camera mode is unrelated to managing notifications or distractions, focusing solely on photography features. Therefore, Do Not Disturb mode is the most effective choice for minimizing distractions while driving.

2. What should a driver do if they notice someone driving erratically due to distraction?

A. Tailgate to see what's wrong

B. Keep a safe distance and report to authorities if necessary

C. Use your horn to alert them

D. Attempt to pass them quickly

Keeping a safe distance from a driver who is exhibiting erratic behavior due to distraction is crucial for safety. This approach allows you to maintain your own space on the road, reducing the risk of being involved in a potential accident. When a driver is distracted, they may be unpredictable in their movements, making it dangerous to be too close. Reporting the situation to authorities is also an important step if the driver's behavior is significantly concerning. Law enforcement can intervene and assess the situation to prevent harm to the distracted driver or others on the road. This approach prioritizes safety for everyone involved rather than attempting to engage directly with the erratic driver. On the other hand, tailgating could increase the risk of a collision, as it shortens the time available to react if the distracted driver makes an unexpected maneuver. Using the horn may startle the driver even further, potentially leading to an increase in erratic behavior. Attempting to pass quickly might put the driver at risk as well, as engaging in aggressive actions can lead to dangerous outcomes for all involved. Maintaining a safe distance and reporting the issue embodies responsible driving practices aimed at protecting all road users.

SAMPLE

3. What does "Rubbernecking" refer to in the context of driving distractions?

A. Speeding while distracted

B. Slowing down to look at a traffic accident or roadside incidents

C. Driving aggressively to get a better view

D. Changing lanes without looking

Rubbernecking refers to the behavior of slowing down to look at a traffic accident or other roadside incidents. This action can create a significant distraction for the driver, as their attention is diverted from the road ahead to the event causing the distraction. Not only does rubbernecking increase the risk of a collision, but it can also create traffic bottlenecks, leading to frustration for other drivers on the road. This behavior exemplifies how curiosity about external events can compromise driving safety, emphasizing the importance of maintaining focus on the driving environment instead of diverting attention to distractions outside the vehicle.

4. What percentage of fatal car accidents in the U.S. is attributed to lack of proper restraint?

A. 40%

B. 50%

C. 60%

D. 70%

The percentage of fatal car accidents in the U.S. attributed to lack of proper restraint being identified as 50% highlights the critical role that seat belts and other restraints play in ensuring occupant safety. Proper restraint use, including seat belts, is proven to reduce the risk of fatalities significantly in the event of a collision. When individuals do not wear their seat belts or utilize appropriate restraints, they are at a much higher risk of being ejected from the vehicle or sustaining severe injuries during a crash. Studies and data from various traffic safety organizations consistently emphasize the importance of seat belt use, demonstrating that a significant number of fatalities could potentially be prevented if all occupants wore their restraints properly. This statistic serves as a crucial reminder of the importance of promoting seat belt use as a fundamental aspect of road safety. Awareness campaigns and educational efforts targeting restraint usage continue to be necessary to reduce these tragic outcomes on the roads.

5. What impact do load limiters have on the experience of a passenger during a crash?

A. They provide no benefit to the passenger

B. They increase the risk of injury

C. They help manage the force of impact

D. They make the seat belt more difficult to use

Load limiters play a crucial role in enhancing passenger safety during a crash by managing the force exerted on the occupant. When a vehicle experiences a collision, the sudden deceleration can result in significant forces acting on the passengers. Load limiters are designed to allow some slack in the seat belt under high-impact conditions, which effectively reduces the maximum force that the belt exerts on the occupant's body. This controlled release helps to decrease the risk of severe injury to the passenger's torso and prevents the seat belt from causing excessive trauma during a crash. By managing the timing and intensity of the seat belt's restraint, load limiters contribute significantly to a more favorable crash experience for passengers. This engineering innovation reflects a broader commitment to improving occupant protection and minimizing injury potential in automotive safety design.

SAMPLE

6. What penalties might a driver face for distracted driving?

A. Rewards for safe driving

B. Fines and license points

C. Additional driving privileges

D. Free driving lessons

Fines and license points are common penalties for distracted driving because they serve as a deterrent to encourage safer driving behaviors. When a driver is caught engaging in distractions—such as using a cellphone while behind the wheel—they may be subject to financial penalties in the form of fines. Additionally, many jurisdictions impose points on a driver's record for such violations, which can lead to increased insurance premiums and further legal consequences if the driver accumulates too many points. These penalties aim to highlight the serious nature of distracted driving and promote a culture of accountability on the roads.

7. How can you properly secure loose items in your vehicle to prevent distractions?

A. Leave them on the passenger seat

B. Store them in the trunk or a secure compartment

C. Place them on the dashboard

D. Keep them in your lap

Storing loose items in the trunk or a secure compartment is the most effective way to prevent distractions while driving. When items are properly secured, they won't move around or shift during travel, which can divert your attention from the road. A clutter-free cabin allows drivers to focus fully on driving rather than being distracted by items that could roll around or fall off surfaces. Keeping items on the passenger seat, dashboard, or in your lap poses safety risks, as those items can easily shift or become projectiles in the event of sudden braking or an accident. This could lead to surprises that pull your focus away from the driving task at hand. Properly securing items minimizes the risk of unexpected distractions, thereby promoting safer driving practices.

8. What is the most effective way to change driver behavior concerning distractions?

A. Increased penalties for distracted driving

B. Education and self-awareness

C. Stricter enforcement of traffic laws

D. Enhanced vehicle safety features

Education and self-awareness play a crucial role in changing driver behavior concerning distractions because they empower drivers to recognize and understand the consequences of their actions. By promoting awareness about the dangers of distracted driving, such as texting or using a phone while driving, individuals can internalize the risks and develop a personal commitment to avoiding distractions behind the wheel. Educational programs often include real-life scenarios, statistics, and testimonies from individuals affected by distracted driving incidents, which can deeply resonate and create a sense of responsibility. When drivers are educated about how distractions impact reaction times and decision-making, they are more likely to engage in safer driving practices. Self-awareness also sparks reflection on one's habits, leading drivers to evaluate their own behaviors and make conscious choices to minimize distractions. This proactive approach fosters a culture of safety that extends beyond mere compliance with laws or penalties, ultimately aiming for lasting behavioral change. While increased penalties, stricter enforcement, and enhanced vehicle safety features can contribute to reducing distracted driving incidents, education and self-awareness directly influence personal choices and commitment to safe driving practices, making them the most effective strategies for instigating genuine change.

SAMPLE

9. How can using a navigation app distract a driver?

A. It requires visual attention to the screen

B. It frequently recalibrates

C. It speaks directions loudly

D. It allows for real-time traffic updates

Using a navigation app can distract a driver primarily because it requires visual attention to the screen. When a driver looks at the navigation app for directions, they take their eyes off the road, which is a significant form of distraction. The driver must read the map or the displayed information, which diverts their attention away from the essential task of driving safely. This shift in focus can lead to delayed reaction times and an increased risk of accidents, especially in situations that require quick decision-making on the road. While features such as recalibration, spoken directions, and real-time traffic updates are useful for navigation, they may not inherently distract a driver as much as the need to visually engage with the app does. The act of glancing at a display for instructions is where the primary risk of distraction occurs.

10. Which distraction involves looking away from the road?

A. Manual distraction

B. Visual distraction

C. Cognitive distraction

D. Auditory distraction

Visual distraction refers specifically to any activity that draws a driver's eyes away from the road. This could involve looking at something inside or outside of the vehicle, such as checking a GPS, looking at a passenger, or observing scenery. When a driver is visually distracted, they are not focused on the road ahead, which can significantly increase the risk of an accident. In contrast, manual distractions involve the use of hands, such as texting or adjusting controls, while cognitive distractions engage the mind, like daydreaming or thinking about problems. Auditory distractions are related to sounds, such as music or phone calls. Each of these types affects driving ability, but the defining factor of visual distraction is the act of looking away from the road, making it particularly dangerous.

SAMPLE

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!

SAMPLE