



DISTRACTIONS WHILST DRIVING

a safety message from company fleet

Driving can be a complex task that requires our concentration, attention & focus.

Independent research figures suggest about 80% of crashes involve distraction/s and thus could have been avoided.

Some drivers try to multi-task while driving. This can include smoking (prohibited in **ALL** Company vehicles), talking with passengers, adjusting the controls of audio equipment, using mobile phones, shaving, putting on makeup, reading & writing.

There are four types of **driver distraction**:

- **Visual (things you see)** - can be taking your eyes off the road to look at pedestrians, a roadside object or seeing but not perceiving an approaching hazard.
- **Auditory (things you hear)** – includes talking with passengers, listening to the stereo and using mobile phones.
- **Physical (things you do with your hands)** – are where the driver takes one or two hands off the wheel to tune the radio, eat or drink.
- **Cognitive (things you think about)** – is not thinking about the driving task. This can include daydreaming, using a mobile phone or driving while upset.

Using a mobile phone while driving can lead to 1 or more of these distractions.

Key Points:

- **Be alert for the unexpected and ready to take evasive action.**
- **Keep distractions whilst driving to a minimum and where possible eliminate them completely.**
- **Share our Fleet Safety messages with members of your family who drive Company Vehicles.**



Thank you.

Mike Rausa
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