

# What you need to know **Distracted Driving**

## What is distracted driving?

Distracted driving happens any time you take your **eyes off the road, hands off the wheel** and **mind off your primary task**: driving safely.

## What are the main types of distractions?

The different types of potentially distracting tasks can be grouped in three main categories, and also fit under more than one of the following:



### Visual

Eyes off the road

- Reading a text message
- Looking at the GPS
- Looking at an event happening outside the vehicle



### Manual

Hands off the wheel

- Reaching for an object inside the vehicle
- Using a hand-held device
- Eating takeaway and driving



### Cognitive

Mind off driving

- Talking on the phone
- Arguing with a passenger
- Thinking about an upcoming deadline at work

## Why is it an issue?

Any non-driving activity you engage in is a potential distraction and increases your risk of being in a crash.



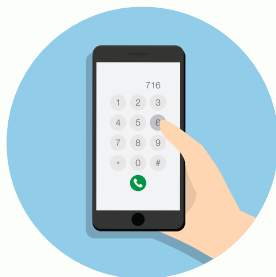
**16%** of serious casualty road crashes resulting in hospital attendance in Australia occur as a result of distracted driving.

The riskiest tasks are **visual-manual** in nature, when the task involves your eyes off the road, and your hands off the wheel.

This includes:



Texting



Dialling



Reaching for objects



Surfing the net