

# DISTRACTION

Secondary tasks that demand the driver's visual attention for more than two seconds increase crash risk three-fold.

Having a plan can make all the difference.

Heavy Vehicle driving is in nature a solitary activity, with drivers often experiencing loneliness, boredom, and declining vigilance, leading them to engage in secondary tasks.

Yet, some of these simple events interrupt activities that demand concentration, increasing the risk of making a mistake.



## SELF-AWARENESS

Take care of your body and mind. Ask yourself: Am I in my optimal condition to drive?

Know your needs and habits when driving. Are they supporting your safety?

Your vehicle is your workplace. Reduce distractions and complexity.

Plan for safe stops where you can rest, stretch, take a break and reenergise.

## SAFETY CULTURE

Know the protocol for abnormal and unexpected events.

Know how to respond to distracting thoughts and situations.

Share with your team and learn from them.

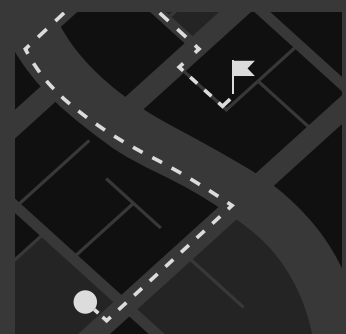
Distraction affects us all.



KNOW  
YOURSELF.



KNOW  
YOUR VEHICLE.



KNOW  
YOUR ROUTE.