

Know your **Distraction**

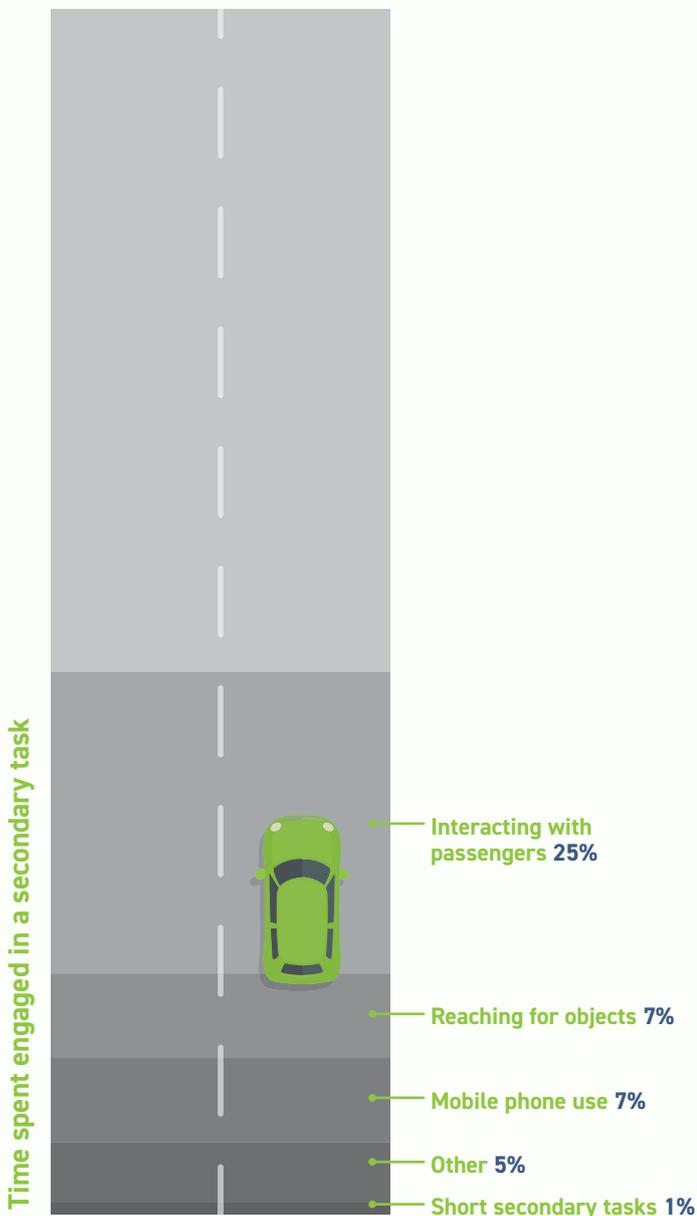
We'd like to think we're multitaskers on the move...

The main task of a driver on the road is to drive safely. But in reality, we engage in a range of tasks while driving, some we may not even have thought about as a potential distraction.

What drivers get up to behind the wheel

It is not unusual for drivers to engage in multiple tasks at once, but the risk lies in when the task takes drivers' attention off the roadway for extended periods, or when the driving situations require full, undivided attention.

Time spent driving



Source: Young et al, 2019

Did you know?



45% of total driving time is spent engaging in secondary tasks that can be potentially distracting.

That's nearly half of all driving time for a single trip!



21% of secondary tasks involve the driver engaging in multiple non-driving tasks at once!



On average, drivers engage in a secondary task **every 96 seconds**

What can you do to tackle distracted driving?

- Consider practicing **mindfulness**; be aware of the present moment. Studies have shown that mindful drivers are more alert and therefore less distracted.
- **For passengers:** you can help **offset tasks** that may be distracting to the driver (e.g. changing the radio station)
- Putting your phone in **Do Not Disturb** mode while driving to resist checking your phone while on the road
- Consider driving a car with **AEB (Auto Emergency Braking)**
- Have your **playlist** ready, use **podcasts** or **audiobooks** and have them **ready to go**. Use the car journey to centre on yourself. It's your time not time to be busy and play catch up.

Everyone at some stage makes mistakes, the idea is to reduce your risk on the road by **not engaging in tasks that make you more prone to making errors.**