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DRIVER DISTRACTIONS

WHAT IS DISTRACTED DRIVING?

Distracted driving greatly increases the risk of road trauma by taking a driver's mind off the job of controlling a vehicle.

It's not only texting or using a mobile phone that will distract a driver, ultimately putting their passengers and other road users in significant danger.

Reaching for something in the car, changing your playlist, personal grooming, kids in the back seat, activity on the roadside, eating and drinking can take the driver's mind off the risky and dangerous task of driving.

Keep your eyes on the road to ensure the safety of your loved ones and others.

HOW SERIOUS IS DISTRACTED DRIVING?

Using a mobile phone while driving increases your risk of a crash four-fold, regardless of whether or not a hands-free kit is used.

Distracted driving slows down your reaction times and puts you in danger of failing to see hazards such as traffic lights, stop signs or other road users, including pedestrians and cyclists.

HOW LONG DO I NEED TO LOOK AWAY FOR IT TO BE COUNTED AS A DISTRACTION?

If you take your eyes off the road while driving at 60 km/h for just two seconds, you're travelling 33 metres blind. The faster the speed, the further you will travel blind.

See how far you travel at different speeds when you take your eyes off the road for just two seconds

Travel speed	Metres travelled in 2 seconds
40km/h	22.22
50km/h	27.28
60km/h	33.33
70km/h	39
80km/h	44.44
100km/h	55.56

A short lapse of concentration can have lifelong consequences.



A micro-sleep of four or five seconds at 110km/h is like driving the length of Optus Stadium with your eyes closed.

IS FATIGUE THE SAME AS DISTRACTED DRIVING?

Fatigue contributes to distracted driving behavior.

Three quarters of all serious crashes in Western Australia happen because someone may be tired, a bit distracted or they have a momentary lapse in concentration.

Don't be complacent on the roads and be alert of your surroundings, as driving is a complex task that requires concentration and all your attention.

Fatigue is the silent killer on our roads.

HOW DO I KEEP MY MIND ON THE JOB BEHIND THE WHEEL?

These tips will help you become a safer driver if you find your mind wanders or you're easily distracted behind the wheel:

- Turn off your mobile phone;
- Make all adjustments before setting off, including mirrors, GPS, radio and air conditioning;
- Don't eat or drink in the car. Instead take a break to refresh for the rest of the journey;
- Check a map before starting the journey to know what lies ahead;
- Ask passengers to be quiet if you can't concentrate on driving;
- Ensure pets are properly restrained in the vehicle;
- Avoid activities that distract you when driving;
- Clean windscreens and mirrors and make sure your view is unobstructed.