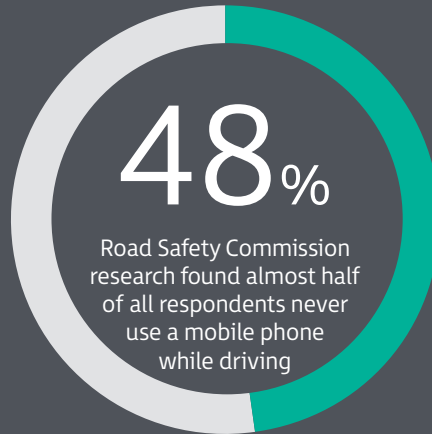
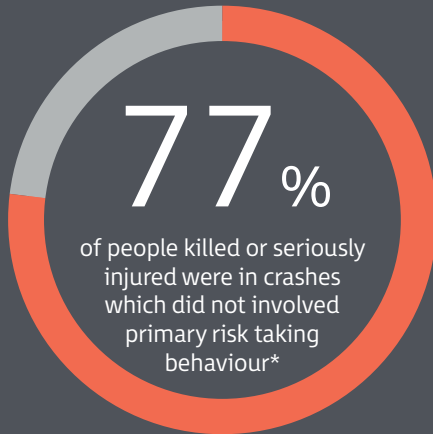


DISTRACTIONS

FACTS AT A GLANCE

rsc.wa.gov.au



29 people

in 2018 lost their lives in crashes where the WA Police Force believed inattention was a factor. This was a 70% increase compared to the preceding five-year average

*Primary risk taking behaviour includes speeding, drink driving, non-wearing of seatbelts or helmets.

FOUR TYPES OF DISTRACTION



Manual distraction

tasks that require the driver to take a hand (or both hands) off the steering wheel and manipulate a device



Visual distraction

tasks that require the driver to look away from the roadway to visually obtain information



Cognitive distraction

tasks that are defined as the mental workload associated with a task that involves thinking about something other than driving



Auditory distraction

occurs when the driver focuses their attention on auditory signals rather than on the road environment

DISTANCE OF DISTRACTION

If you take your eyes off the road – to read a text message for example – while driving at 60 km/h for just two seconds, you're travelling 33 metres blind.

| Travel speed | Metres travelled in 2 seconds |
|--------------|-------------------------------|
| 40km/h | 22m |
| 50km/h | 27m |
| 60km/h | 33m |
| 70km/h | 39m |
| 80km/h | 44m |
| 100km/h | 55m |
| 110km/h | 61m |

TIPS ON STAYING FOCUSED



Turn off your mobile phone



Check a map before the journey to know what lies ahead



Don't eat or drink in the car. Take a break instead



Make adjustments before departing, including mirrors, radio and GPS



Ask passengers to be quiet if you can't concentrate



Ensure pets are properly restrained in the vehicle