



STAY FOCUSED, STAY SAFE!

A driving distraction is anything that diverts your attention away from the road. Distractions reduce your reaction time, impair judgment, and significantly increase the risk of accidents.



There are 3 types of distractions

- **Visual** - Taking your eyes off the road - Examples: Looking at your phone, adjusting the GPS, reading signs
- **Manual** - Taking your hands off the wheel - Examples: Eating, texting, adjusting music or climate controls
- **Cognitive** - Taking your mind off driving - Examples: Daydreaming, talking to passengers, driving when stressed or tired

Using a mobile phone while driving is one of the most dangerous distractions. In Australia, it is illegal to use a handheld device while driving. Other Common Distractions include: children or pets in the car, eating or drinking, searching for items and adjusting in-car entertainment or navigation

Looking away for just 2 seconds at 60 km/h means you're driving blind for over 30 metres. Distractions can lead to life-changing consequences.

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