

# SAFETY

# CONVERSATION

## Topic: Driver Distractions

### WHAT YOU'RE GOING TO LEARN

In this safety conversation we will talk about drivers' distractions and yes this conversation will affect us all as we can all be affected by either driving whilst distracted or by those around us driving when distracted. For this reason, we all have a part to play.

### HOW IT WILL HELP YOU IN YOUR JOB

Following this conversation, you will:

- Understand the impact of driving distractions
- Know the 3 types of driver distractions
- Understand what can be done to remove or reduce driver distractions

### WHAT YOU NEED TO KNOW

The AA tells us that it doesn't matter if you've just passed your test or if you're an experienced driver - everyone can find themselves losing concentration on the road from time to time.

In fact, their research shows:

- 49% of drivers report regularly thinking about arriving on time while driving
- 34% think about work
- 25% think about the future

Only 30% of people said they only think about driving or navigation while driving. Distracted driving might not seem as dangerous as falling asleep at the wheel or drink driving - but it can be just as deadly.

According to the AA there are three different types of distractions which drivers must tackle:

- Physical distractions, such as texting or making a phone call, setting a sat nav, or eating. Remember **it's illegal to use a hand-held phone while driving** - as well as being potentially dangerous, if you're caught you face a £200 fine and six points on your licence.
- Mental distractions, such as worries, a conversation in the car or on a hands-free phone, or not paying attention to familiar roads.
- Visual and audio distractions, such as loud music, looking at things happening outside your car, or trying to read a sat nav.

There are some simple things you can do to make sure there's nothing to distract you and that your full attention is on the road.

#### Prepare yourself and your car before starting your journey

- Clear out clutter - cans and soft drink bottles rolling around under your seat are clearly a distraction.
- If you need to use your sat nav, make sure it's fully charged up and that you've already programmed the correct postcode and address.
- Before you leave, send any texts or make calls, then pop your phone in the glove box.

#### Staying clear-headed while you're on the road

- It's not easy to put all your worries and thoughts to one side, but you need to be as calm and focused as possible.
- Try not to drive if you're feeling overwhelmed, stressed, or you think you won't be able to give driving your full attention.

#### Staying focused while you have passengers in the car

- Passengers of all ages can be a distraction - from teething toddlers to overexcited friends. Keep conversations light and if you are getting distracted communicate this to your passengers.
- Make sure children are securely strapped into car seats and booster seats



### BE MINDFUL

- Be Mindful of your state of mind before starting a journey, are you stressed or distracted before leaving? If so take time to clear your mind.
- Make sure you plan ahead and allow yourself time for the journey and account for delays, stops and breaks if needed.

### SPEAK OUT

- If you are not in the state of mind for the journey let someone know or delay your journey until you can.
- If others in the care are causing distraction, let them know and ask them to allow you to focus.

### GET INVOLVED

- Where possible set yourself up for the journey to reduce distraction, clear the car of items that may distract you.
- If you call someone and they are driving, ask them to call you back when they have stopped, and it is a better time for them.

### YOUR VALIDATION

- What are the 3 types of Driver Distractions?
- What can you do to prepare for your journey and reduce distractions?
- What can you do as a passenger to reduce driver distractions?

### MORE INFORMATION

- [Compass HSE Website](#)
- [The AA Driving Advice](#)
- [TTC YouTube Channel](#)

