



ASIA
INDUSTRIAL
GASES
ASSOCIATION

No Distraction, while driving



No Call, No Texting, No Reading

While driving, you put **your life at risk**, each time you:

Make a call

even if you are using a hands-free device

Text a message

even just glance at your mobile to read a message



Each time you are **distracted** while driving, the **immediate Consequences** are:

- **Reduced awareness** of what is happening around you on the road
- **Longer reaction time** to detect unexpected road events and traffic signals
- **Increased mental workload** which may lead to stress and frustration
- **Lapse of attention** leading to :
 - harsh braking / erratic speed / too short safety distance
 - driving mistake / drifting into opposite lane ...

Distracted drivers are **4 times** more likely to have a **road accident**

Always keep your full attention on driving !



Tips to avoid mobile phone distractions

Anticipate & Plan

- **Switch off** your phone or turn it into **silent mode**
- Put your phone **out of sight**
- Don't use your phone @ traffic lights & traffic jams
- If you must make an urgent call,
Pull off the road and stop in a **safe place**