

# No Distraction, while driving



## No Phone, No Staring, No Eating

While driving, you will be distracted by:

- ◆ **Mental distraction**  
Making a call even if using a hands-free device
- ◆ **Visual distraction**  
Texting a message or using electronic devices
- ◆ **Manual distraction**  
Eating, drinking and reaching for items while driving



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 :
  - blind spot / road traffic information negligence
  - driving mistake / drifting into opposite lane
  - erratic speed / too short safety distance / harsh braking

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

**80%** of accidents and **65%** of near-misses were accompanied by **distracted driving** !

## Always keep your full attention on driving !

### Tips to avoid distracted driving



- ★ Adjust rear and side view mirrors, sitting position, air conditioning settings, and navigation before driving.
- ★ Secure movable items in cup holders or storage compartments.
- ★ Keep your hands on the steering wheel.
- ★ Never use your mobile phone while driving.
- ★ Keep your eyes moving every 2 seconds.
- ★ Install driver distraction monitoring devices with real time event alert to driver.