

THE FATAL FOUR



Drink & Drugs Mobile Phones Speeding NO Seatbelts

CAUSE AND EFFECT

Supplement No. 4

Distractions Whilst Driving

TEN Most Common Distractions:

- 1 Texting
- 2 Talking on the phone
- 3 Changing radio/CD/MP3
- 4 Staring at an accident
- 5 Eating or drinking
- 6 Children in the car
- 7 Chatting to a passenger
- 8 Road rage
- 9 Having an argument
- 10 Lighting a cigarette

Types of Driver Distraction:

There are four types of driver distraction

- Visual (seeing)
- Cognitive (thinking)
- Biomechanical (touching)
- Auditory (listening)

Visual distraction occurs when a driver sees objects or events and this impairs the driver's observations of the road environment.

Cognitive distraction occurs when a driver is thinking about something not related to driving the vehicle.

Biomechanical distraction occurs when a driver is doing something physical that is not related to driving, for example, reaching for something and be out of the driving position, or holding an item.

Auditory distraction is caused when sounds prevent drivers from making the best use of their hearing, because their attention has been drawn to whatever caused the sound.