

THE FATAL FOUR



Drink & Drugs Mobile Phones Speeding NO Seatbelts

CAUSE AND EFFECT

Supplement No. 5

Mobile Phones

Research shows that using a hand held or hands free mobile phone whilst driving is a significant distraction and greatly increases the risk of the driver crashing.

Drivers who use their phone:

- Are FOUR times more likely to crash, injuring or killing themselves and/or other people
- Are much less aware of what is happening on the road around them
- Fail to see road signs
- Fail to maintain proper lane position and steady speed
- Are more likely to tailgate the vehicle in front
- React more slowly and take longer to brake
- Are more likely to enter unsafe gaps in traffic
- Feel more stressed and frustrated

How will a person's driving be affected if they are on a mobile?

- Drivers must remove one hand from the steering wheel to hold and operate the phone.
- They must also take their eyes off the road, at least momentarily, to pick up and put down the phone and to dial
- The driver must still divert their eyes from the road to locate the phone and (usually) press at least one button.

- Maintenance of speed either increasing or decreasing
- Reaction times: drivers take longer to detect and respond to changes, such as a vehicle in front decelerating, which leads to slower braking times.
- Following Distances: drivers are more likely to reduce their following distance from the vehicle in front. When this effect is coupled with slower reaction times, the risk of a collision is even greater.
- Gap Acceptance: Using a mobile phone also impairs drivers' judgement of acceptable gaps in traffic streams, leading to drivers entering or accepting gaps that are not large enough.
- Situational Awareness: Using a mobile phone reduces drivers' awareness of what is happening around them