

#EYESUPNZ

Learn more at
eyesupnz.co.nz

How to combat Distraction

✓ Driver Check List

SELF

- Hydration - drink water
- Impact of food choices
- Sort out high-stress distractions

TECHNOLOGY

- Phone on silent
- Bluetooth connected
- Set up playlist, audio book or radio station

VEHICLE

- Clean, tidy and organised
- Understand dimensions and limitations
- Understand dashboard and safety features

ROUTE

- Directions Set
- Weather and traffic conditions checked
- Breaks planned



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**major
causes of
distraction**

1

**MOBILE
PHONES**



2

PASSENGERS



3

**OUTSIDE
EVENTS**



4

**IN-VEHICLE
ACTIVITIES**



5

**A
WANDERING
MIND**

