



Why it matters

- Distraction kills people on our roads
- Too many think it won't hurt them
- Professional drivers manage this risk
- Hard to combat completely

What this covers

- ✓ What is distraction
- ✓ Why it's a risk to drivers
- ✓ How to address the risk

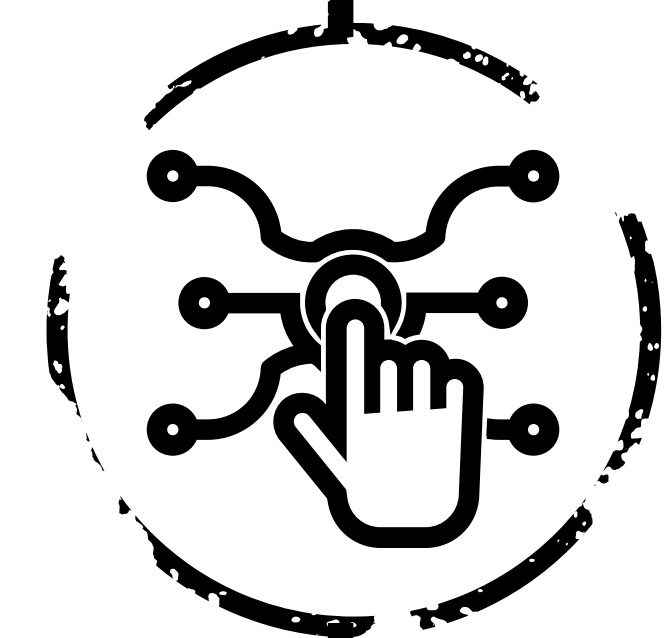
#EYESUPNZ

Learn more at
eyesupnz.co.nz



What is distraction?

- Inattention to road
- Mind off the driving task
- Delay in recognising important info
- Secondary activities e.g. phones



Sort your tech

- Connect Bluetooth
- Phone on silent
- Store phone out of reach
- Set up playlist, audio book or radio station
- Set auto notifications



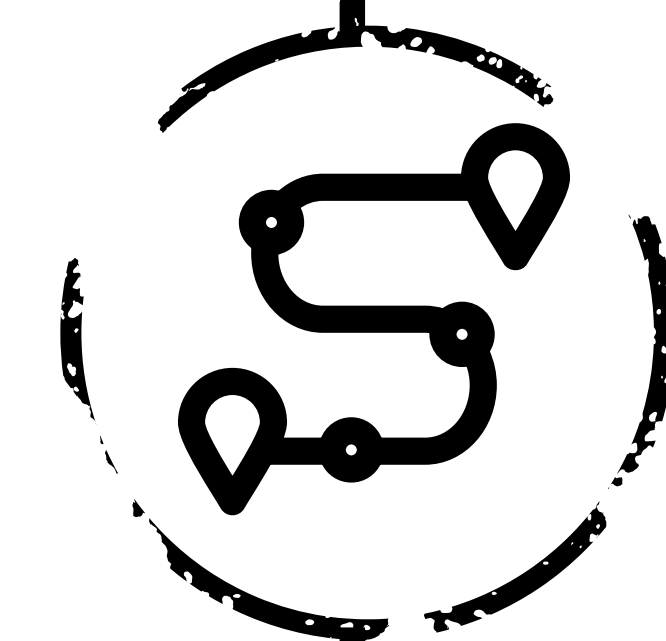
Know your vehicle

- Keep cab clean and tidy
- Get organised
- Understand safety features



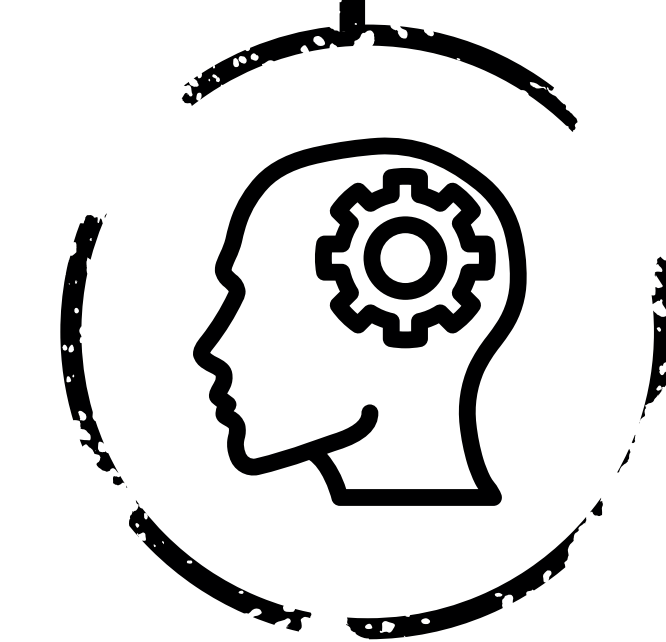
Know yourself

- When are you most distracted
- What distracts you
- Impact of food and hydration
- Impact of fatigue
- Educate family/friends



Know your route

- Plan breaks
- Check weather/traffic
- Focus on what's coming next



What else drivers can do

- Avoid distractions
- Change how you respond
- Be prepared
- Share experiences – support safe culture