**DISTRACTIONS**

FACTS AT A GLANCE

- **48%** of people killed or seriously injured were in crashes which did not involve primary risk taking behaviour*
- **29 people** in 2018 lost their lives in crashes where the WA Police Force believed inattention was a factor. This was a 70% increase compared to the preceding five-year average.

*Primary risk taking behaviour includes speeding, drink driving, non-wearing of seatbelts or helmets.

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**FOUR TYPES OF DISTRACTION**

- **Manual distraction**
  - tasks that require the driver to take a hand (or both hands) off the steering wheel and manipulate a device
- **Visual distraction**
  - tasks that require the driver to look away from the roadway to visually obtain information
- **Cognitive distraction**
  - tasks that are defined as the mental workload associated with a task that involves thinking about something other than driving
- **Auditory distraction**
  - occurs when the driver focuses their attention on auditory signals rather than on the road environment

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**DISTANCE OF DISTRACTION**

If you take your eyes off the road – to read a text message for example – while driving at 60 km/h for just two seconds, you're travelling 33 metres blind.

<table>
<thead>
<tr>
<th>Travel speed</th>
<th>Metres travelled in 2 seconds</th>
</tr>
</thead>
<tbody>
<tr>
<td>40 km/h</td>
<td>22 m</td>
</tr>
<tr>
<td>50 km/h</td>
<td>27 m</td>
</tr>
<tr>
<td>60 km/h</td>
<td>33 m</td>
</tr>
<tr>
<td>70 km/h</td>
<td>39 m</td>
</tr>
<tr>
<td>80 km/h</td>
<td>44 m</td>
</tr>
<tr>
<td>100 km/h</td>
<td>55 m</td>
</tr>
<tr>
<td>110 km/h</td>
<td>61 m</td>
</tr>
</tbody>
</table>

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**TIPS ON STAYING FOCUSED**

- **Turn off your mobile phone**
- **Check a map before the journey to know what lies ahead**
- **Don't eat or drink in the car. Take a break instead**
- **Make adjustments before departing, including mirrors, radio and GPS**
- **Ask passengers to be quiet if you can't concentrate**
- **Ensure pets are properly restrained in the vehicle**