



Avoiding distractions while driving

Research has found that drivers are distracted by something almost half the time behind the wheel. Distractions are also involved in at least 1 in 5 crashes.

Apps to manage mobile phone distraction

Whether using an Apple or Android device, you can activate features to automatically send your contacts a message while you're driving. You can customise the message to let people know that you will contact them soon and even override the blocking feature in an emergency.



Mobile phones are a big part of what might take your attention away from the road, but many things can be distracting.



SAFETY TIP - Set up your navigation and music before you start your trip. Keep your sunglasses within reach so you can focus your attention on driving.

Types of distractions

- Talking to passengers or children
- Interacting with pets
- Changing vehicle settings
- Focussing on billboards or scenery as you drive
- Eating and drinking
- Talking or texting on a mobile phone
- Reaching for something inside your car

Take the quiz and make a plan

Use our tool to see how the risks of distraction rate against other behaviours like speeding, looking at your GPS, driving while over 0.05, playing music, being under the influence of drugs or being fatigued. You can also tailor an individual plan to help you manage your mobile phone while you're driving.



SAFETY TIP - Avoid the temptation to lose focus if you're stopped at traffic lights. It can take almost 30 seconds to refocus your attention even after your eyes are back on the road.



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