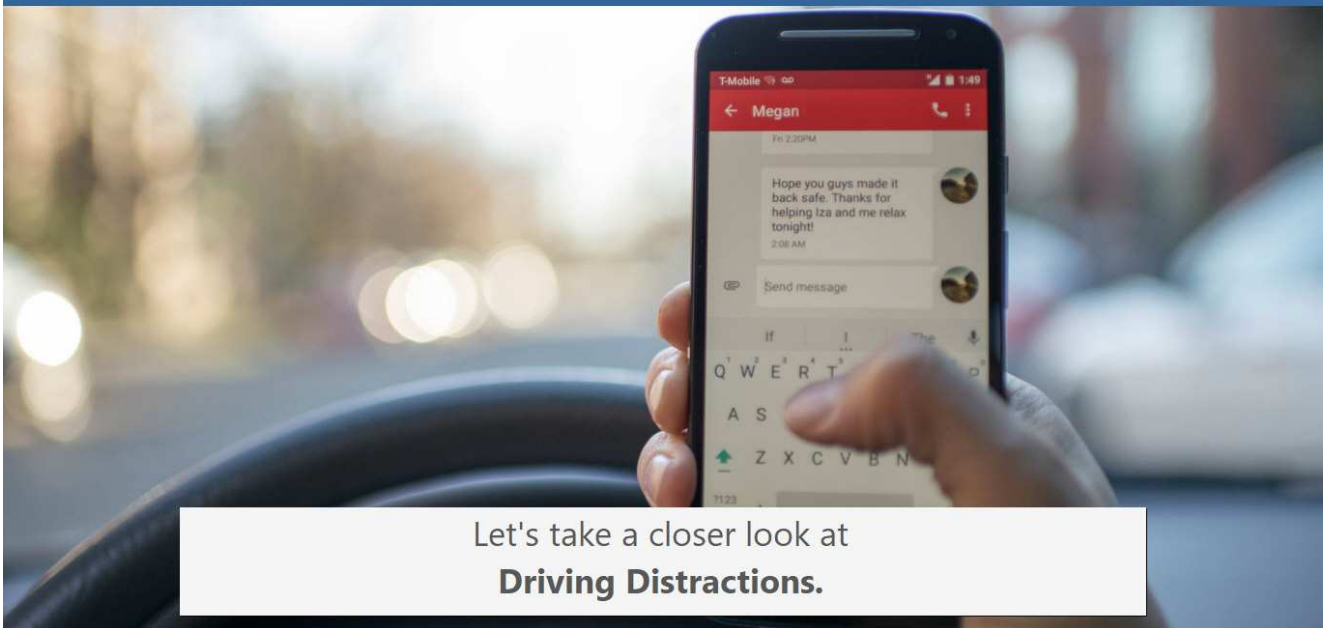


Driving Distractions

Welcome to this **Perfect Driver** course. Throughout this course, we are going to look at the law, skills, techniques, and ideas to help you become a better, and safer driver.

In this lesson, we'll look at **Driving Distractions**.

Driving Distractions



Driving Distractions

Your driving license is a privilege. You need to ensure that you honour that privilege by driving safely and to the best of your ability.

One of the most important ways you can do this is to ensure that you drive without any distractions that can take your attention from the road around and in front of you.



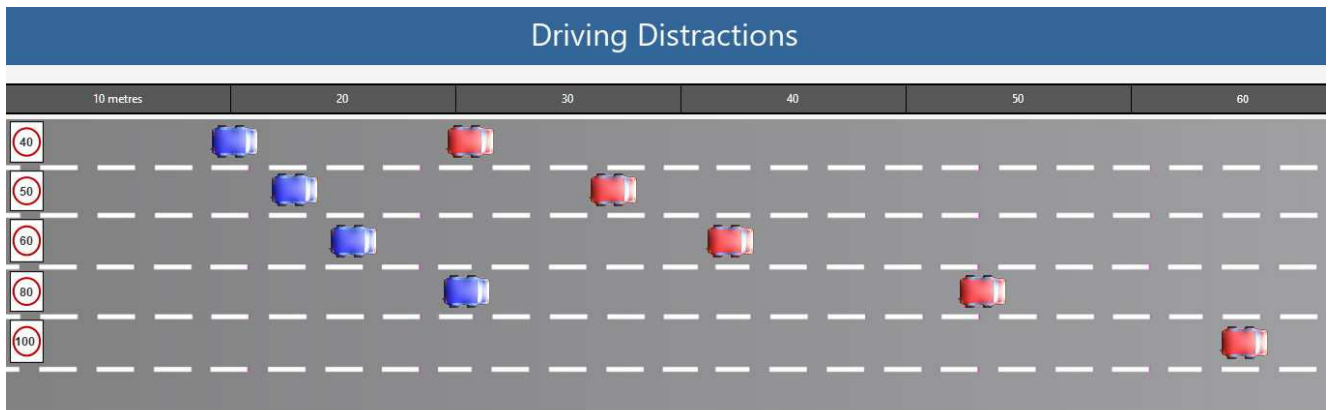
Driving Distractions

Before we look at specific distractions, it's important to note one thing.

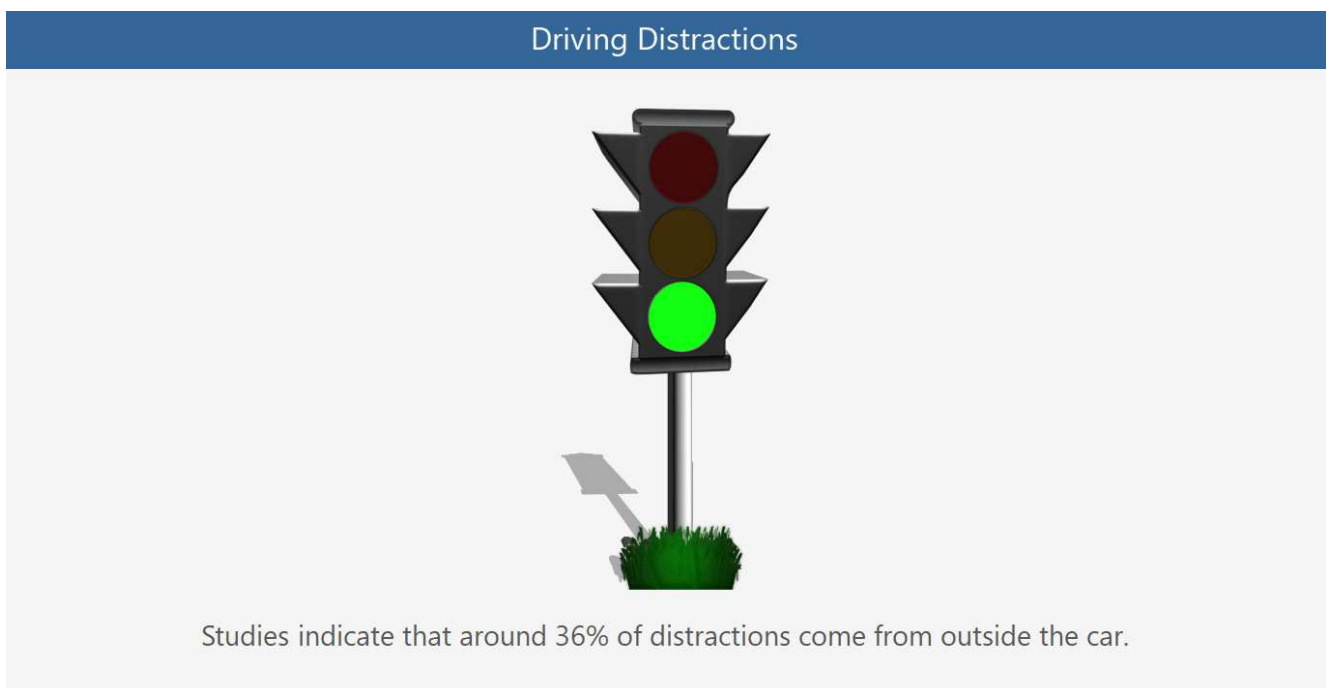
If you are distracted for only one second when travelling at 100km/h, **you will travel 27 metres.** That is 27 metres without looking. And that is if the distraction lasts only one second.



Driving Distractions



The blue cars above indicate how far you will travel at certain speeds when distracted for one second. The red cars indicate the same thing when distracted for two seconds.



Driving Distractions

The **National Highway Traffic Safety Administration** in the USA estimates that 25% of car crashes involve the use of mobile phones.

Texting while driving can be up to 6 times as dangerous as drink driving.



Driving Distractions

Just holding the phone in your hand while driving is illegal. Even if stopped at traffic lights, or wedging the phone between your shoulder and your ear - even on your lap. Making or taking a phone call, checking or sending messages, watching video clips or movies - even checking directions - **are all illegal**.

It only takes a second of distraction and you are in an accident. And someone can be hurt. So, if you really want to use your phone in the car, get a hands free kit. This sort of kit allows you to take and make phone calls using your voice, so that you don't need to take your eyes off the road.

If you don't have a hands free kit, pull over to the side of the road if you need to use your phone.



Driving Distractions

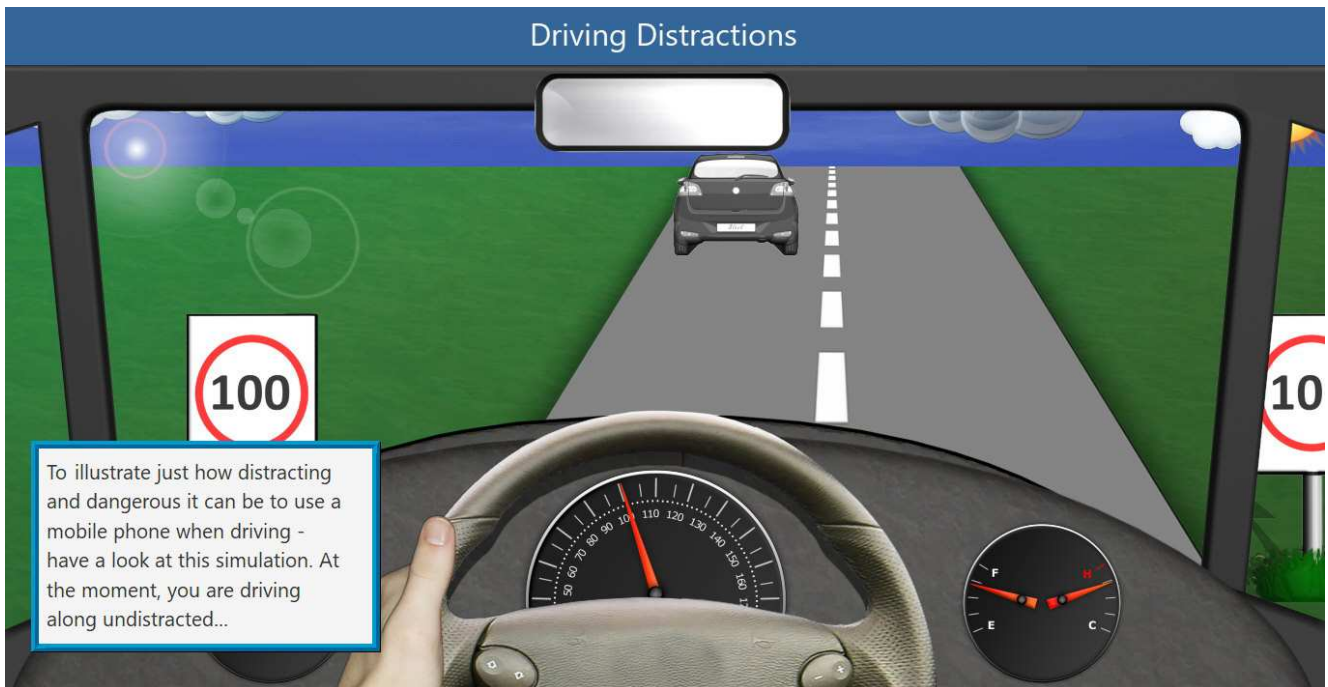
Driving Distractions

The law goes even further - having a mobile phone on your lap can land you in hot water, with a fine to match.

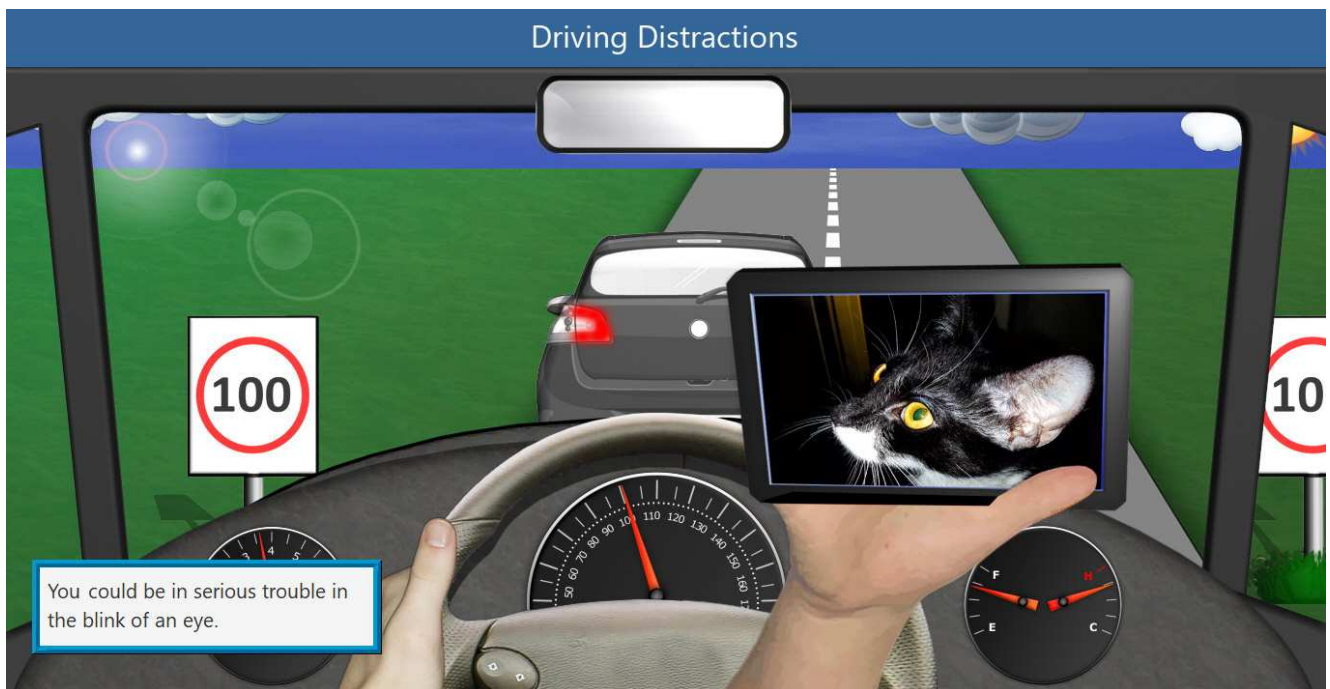
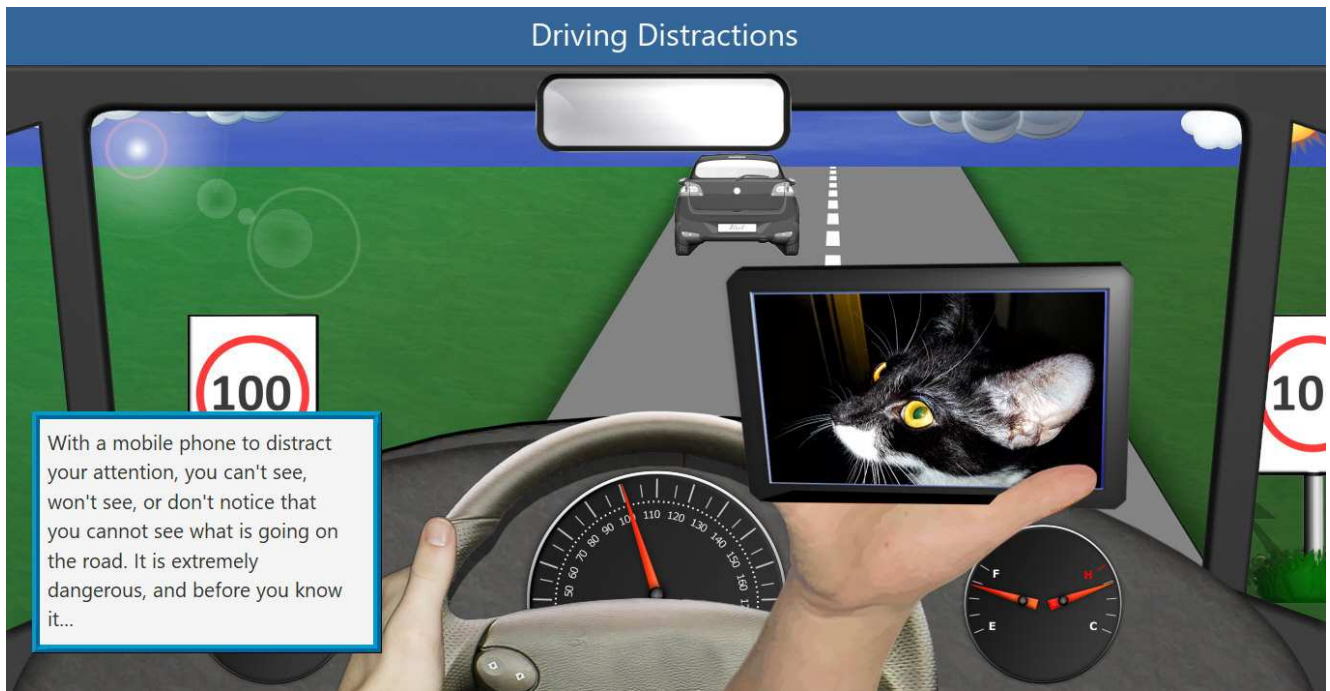
Even using a phone in the McDonalds drive through is illegal - it is still considered a road by legal standards.



Driving Distractions



Driving Distractions



Driving Distractions



Driving Distractions



Note: Hands free kits do not negate the danger of using mobile phones while driving. If in a phone call, the person to whom the driver is talking is unable to see any traffic conditions or respond accordingly.

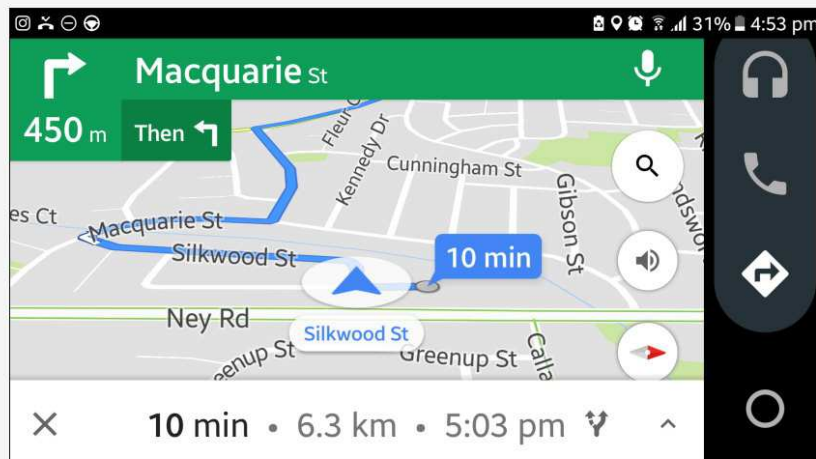
Driving Distractions



Reminder: If you don't think using a mobile phone while driving is dangerous, maybe this statistic will help - tens of thousands of drivers every year in Australia are charged with using a mobile phone in a car.

Driving Distractions

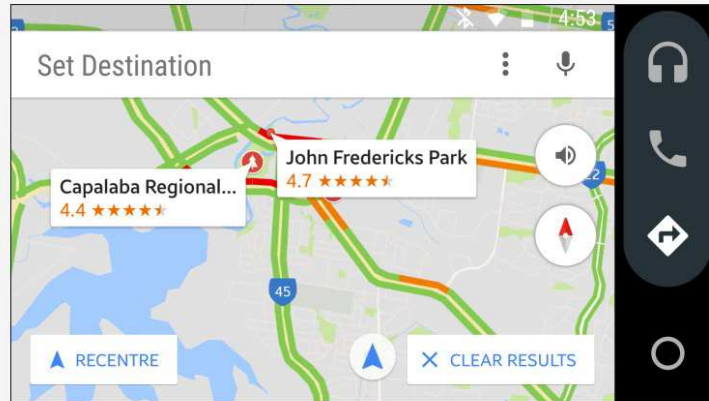
Both Android and iOS mobile phones have a car mode that works with either preinstalled systems or third party hands free kits, and even without. So there is no excuse. Certainly no excuse that is going to work with a policeman that pulls you over for using your phone.



Driving Distractions

Both Android and iOS mobile phones also have satellite navigation programs that read out directions turn by turn - so you never have to touch or look at the phone.

A new feature promised for iOS11 (an operating system for Apple iPhones) also promises a car mode that detects when you are driving, and automatically moves to a car based mode.



Driving Distractions

Adjusting the Stereo. Adjusting your sound system while driving is dangerous. In fact, it rates as one of the most dangerous distractions, up there with mobile phone use.

Alternatively, use your mobile phone with a voice recognition system to play your music.



Driving Distractions

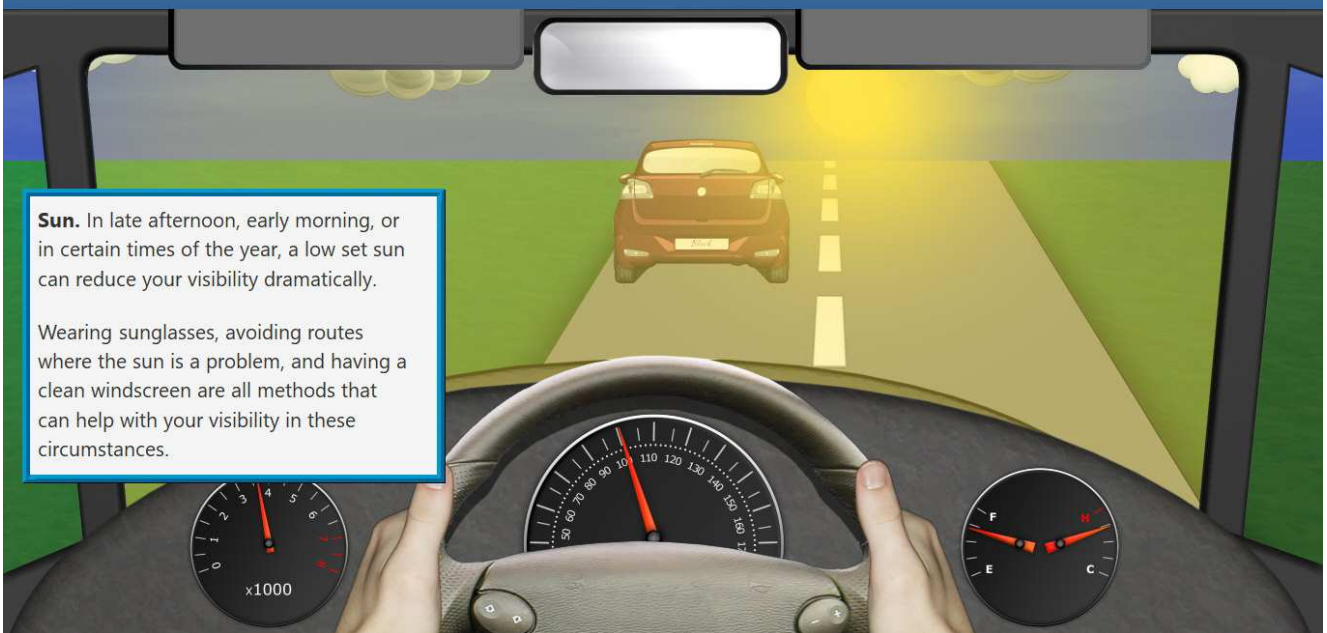
Some cars have audio controls on the steering wheel you can use by touch, and your eyes never have to leave the road.



Driving Distractions

Sun. In late afternoon, early morning, or in certain times of the year, a low set sun can reduce your visibility dramatically.

Wearing sunglasses, avoiding routes where the sun is a problem, and having a clean windscreen are all methods that can help with your visibility in these circumstances.



Driving Distractions



Driving Distractions

Eating. It is technically not illegal to eat while you drive, but it can affect your driving reaction times and ability to drive. So, technically, you could still be charged with a related offense, but not eating itself.

So, avoid it. Regardless of the law, studies show it affects your reaction time.



Driving Distractions

Looking After Kids. Kids are great, but can be a distraction in the car. Don't turn around to talk to the kids while driving - very dangerous. If you need to talk to them, pull over and do it safely.



Driving Distractions

Passengers. For teens in particular, the more passengers you have in a car vastly increases your chance of crashing. Just two passengers in the car can increase the chance of an accident by as much as five times.



Driving Distractions

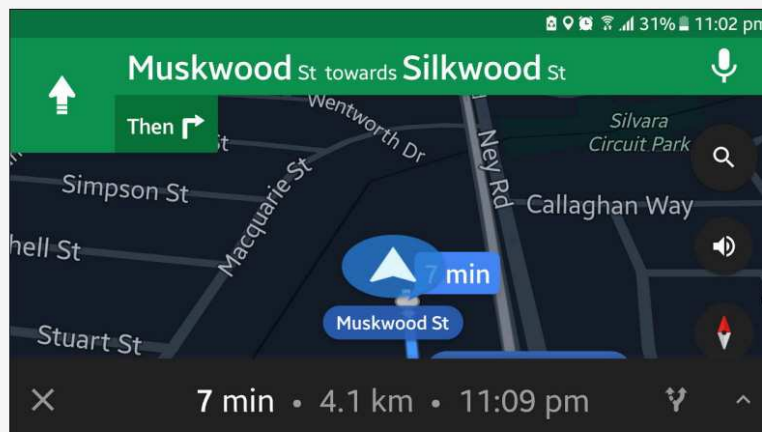
Smoking. Quite apart from the fact that smoking while driving is an unneeded distraction, it is illegal to smoke in a car with passengers under the age of 16.



Driving Distractions

Reading. Yes, some people read while driving - but this includes things like maps.

Luckily, we have Satellite Navigation these days to make maps more or less redundant - but use a Satellite Navigation system that has audio turn by turn navigation so you are not distracted.



Driving Distractions

The Rear View Mirror. The rear view mirror is for seeing what is behind you, not looking at yourself while driving.

When you watch yourself shave, adjust your hair, add makeup, your eyes are off the road in front of you. And it only takes a split second to become involved in an accident.



Driving Distractions



Driving Distractions

The demister control is generally found near the air conditioning controls. It will use an icon much like the one you see below.



Driving Distractions

Rubbernecking. Going past something interesting - particularly an accident, results in lots of 'rubbernecks' - people trying to take a good look at what is going on.

Unfortunately, of course, this means they take their eyes off the road. People around them do the same. It is very easy to run up the back of the person in front of you.



Driving Distractions

SUMMARY

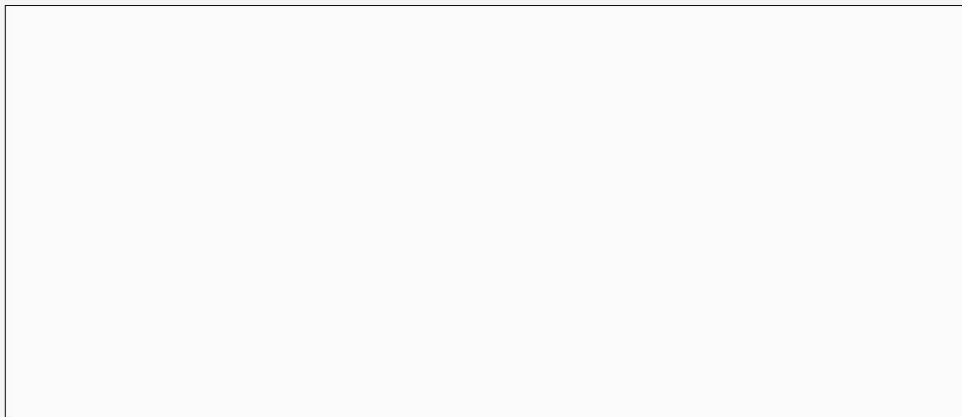
In this lesson, we discussed **Driving Distractions**. This included:

- Distractions.
- Distanced Travelled.
- Mobile Phones, Hands Free Kits, Phone on Lap.
- Auto Programs and Navigation.
- Adjusting the Stereo, Sun, Eating.
- Looking After Kids, Passengers.
- Smoking, Reading, The Rear View Mirror, Rubbernecking.

FINISH LESSON

Driving Distractions

Signature. It is very important that you use the mouse, or touch, to *sign* the form below. This helps us record your progress accurately.



SUBMIT SIGNATURE

CLEAR SIGNATURE

Driving Distractions

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Driving Distractions

Driving Distractions