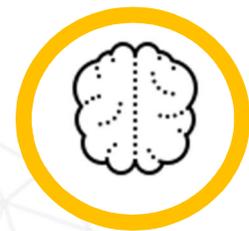




# DRIVER DISTRACTION

**This quick reference guide is designed to raise awareness around managing driver distraction.  
It is a summary document only.**

While driving there are many things that can distract a driver, even when it is not intentional. Safe driving means having eyes on the road, hands on the wheel and full attention on the task. A failure in any of these can have catastrophic outcomes.



**Visual – Eyes off the Road**

**Manual – Hands off the wheel**

**Cognitive – Mind off the task**

**Every road traffic incident can be attributed to either one or a combination of all three failures.**

## VISUAL

- Adjusting devices such as GPS, radio, cradles etc
- Looking for/at something in the cab while driving such as a drink, food or message
- Looking at potential distractions on the side of the road
- Monitoring loads or trailers for extended periods of time
- Distracted by another driver (i.e. a 2-up team)

## MANUAL

- Eating a meal or grabbing a drink while driving
- Answering a call
- Opening, closing, swiping, responding to notifications on electronic devices
- Reaching to grab something from the cab
- Reaching to carry out a non-driving activity such as wiping the inside of a windscreen
- Holding paperwork

## COGNITIVE

- Mental Health Illness (diagnosed or undiagnosed)
  - Emotional stress and Anxiety
  - Family or financial pressures
  - Effects of substance dependency
  - Depression
- Fatigue
- Poor physical health including temporary health issues such as headaches
- Operating vehicles under the influence of drugs or alcohol
- Short term memory problems



## TIPS TO MANAGE DISTRACTION



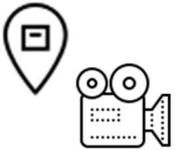
**EDUCATE:** Ensure that drivers are being provided with the education needed to make informed decisions. This should be captured in an induction program as well ongoing refresher training on the dangers of distracted driving. **Do not underestimate the importance of driving the right behaviours through visible engagement.**

*Consider: How you educate drivers. If they are line haul drivers then eLearning is an ideal solution when coupled with face time with supervisors. Education does not need to happen in a classroom. Ongoing reminders should also include regular specific toolbox talks/team talks and poster campaigns.*



**LIMIT OPPORTUNITY:** Set drivers up for success by either ensuring their rosters allow for suitable rest breaks to have meals while stopped. Provide equipment such as approved phone cradles to prevent handling of mobile phones and Bluetooth enabled stereos or Bluetooth driving devices.

*Consider: Determine controls with a risk assessment, does the driver need to receive calls or can they be encouraged to put phones on do not disturb or turn them off while driving?*



**INVEST:** A good telematics and in-cab camera system that is used and promoted correctly helps influence positive behaviours. The system should provide proactive alerts for distraction events and not rely solely on reactive checks after a driver returns or post incident.

*Consider: How you use in-cab monitoring. Depending on how it is promoted, it can severely affect the culture of an organisation and promote a lack of trust if done incorrectly. Considering using your system to identify good driving practices as part of a reward and recognition program.*

**If you require assistance with system reviews, training, telematics or any other aspect of managing safety & wellbeing in the workplace then please contact S3.**

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