

DISTRACTIONS ON THE ROAD



VISUAL distractions take eyes off the road

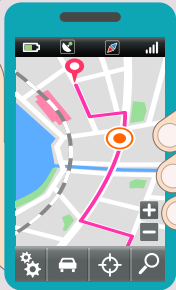
Fact: At 100k/hr, drivers travel the length of a hockey rink blind in 2 seconds.

Tips: Secure kids and pets with seatbelts/restraints. Enable app to block incoming calls/texts.

MANUAL distractions take hands off the wheel

Fact: Drivers often steer in the direction our hand is reaching.

Tips: Load music & GPS before driving. Keep distracting items out of reach.



COGNITIVE distractions take our mind off the road

Fact: Drivers fail to recognize hazards because our field of view shrinks.

Tips: Keep focus on the road & avoid daydreaming. Put emotional stressors aside.



AUDITORY distractions interfere with hearing external cues (e.g., sirens)

Fact: Audible notifications take attention off the driving task.

Tips: Ensure music & in-vehicle voices don't block external cues. Turn phone notifications to silent.



My choices on the road help everyone get home safe.