



Driving Distractions

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Distracted driving is any activity that diverts your attention away from the all-important task of driving safely. That includes things such as talking on the phone, eating, smoking or using your stereo to name just a few.

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It's important that you remain alert and you are able to concentrate on your driving and the road ahead. Hazards can arise at any time and you need to react quickly.

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Did you know your brain can never actually focus on two tasks at the same time, it actually switches back and forth between them meaning when you are 'multi-tasking' behind the wheel your attention isn't on the road!

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Driving requires 100% concentration at all times, otherwise you are putting your own life and everybody else's in danger.

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Recent research suggests that 78% of collisions and 65% of near-misses are caused by some form of inattention or driver distraction.

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Distracted driving can be classed as careless driving, inconsiderate driving, driving without due care and attention, all of which normally carry penalty points and fines. In the worst cases you could be charged with dangerous driving or even causing death by dangerous driving, with a sentence of up to 14 years in imprisonment.



Driver.training@pertemps.co.uk

0800 032 0728