

## Operator/Driver distractions

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We have received a number of loss of control of vehicle incidents where loss of concentration or distraction are listed as contributing factors. NZTA figures on road accidents in 2016 from driver distractions resulted in:

Fatal crashes	Serious injury crashes	Minor injury crashes
23	178	917

Driving or operating machines require complete attention to maintain control of the vehicle. Statistics show that a driver is **23 times more likely** to be involved in a crash when texting on a mobile phone while driving.



Distractions reduce reaction time, vision, ability to stay in a lane and reduced stopping distances. Causes of distraction include:

- Taking hands off steering wheel or eyes off the road.
- Thinking about holidays and taking your mind off driving.
- Devices such as mobile phones, radio and bluetooth devices.
- Device screens such as GPS.
- Food and drink.
- Noise or other passengers.
- Scenery.

To avoid distractions while driving or operating machinery you need to:

- **Pull over and stop the vehicle while checking or answering a phone (if you do not have hands free available).**
- **Make sure your windscreen and mirrors are clean.**
- **Adjust all controls (including radio/stereo) before setting off.**
- **Take regular breaks rather than eating, drinking or smoking while driving.**
- **Ask passengers to be quiet, or turn down RT's or CBs, if you are having difficulty concentrating.**

Let's work together to keep ourselves and our workers safe.

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