



Tips to reduce distractions



Before heading off on your journey:

- Enter your destination into the GPS
- Set up playlists
- Keep an easy to use drink bottle in easy reach
- Ensure windscreen is clear and clean
- Ensure the windscreen washer has enough fluid
- Make use of the Do Not Disturb While Driving feature that's available for both Apple and Android users.
- Give children activities and snacks for longer trips.
- Eat during breaks from driving, not while driving.
- Focus on driving while behind the wheel.
- Ask passengers to quieten down or not talk to you if you're having trouble focusing.

For more information visit:
www.nzta.govt.nz
www.reducetherisk.co.nz



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Distractions



Distractions can affect drivers in different ways, and can be categorised into the following types:



TAKING YOUR EYES OFF
THE ROAD



TAKING YOUR HANDS OFF
THE WHEEL



NOISES THAT DISTRACT
YOU



THINKING ABOUT SOMETHING
OTHER THAN DRIVING

Other distractions include:

- Eating and drinking while driving
- Looking at something on the side of the road
- Talking to passengers
- Feeling upset
- Using a mobile device
- In New Zealand it is illegal to use hand held mobile phones for messages, calls, changing music, posting etc while driving.



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