



PLAN | AWARENESS | ACKNOWLEDGE | EXECUTE

NO PLAN NO WORK



Distractive Driving

Distractive driving is any activity that could divert a persons attention away from the primary task of driving – remember you are not the only one on the road!

Main types of distraction

Visual



Taking your eyes **off** the road

Manual



Taking your hand **off** the wheel

Cognitive



Taking your mind **off** whilst you are driving