



#EYESUPNZ

How to

combat

Distraction

TOOLBOX TALK

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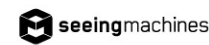


INDUSTRY JOURNEY TO REDUCE DISTRACTION

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Use of mobile phones is illegal and won't be tolerated.

In 2020 distraction killed at least 23 people on our roads and led to 125 serious injuries.

People have an unrealistic belief that nothing bad will happen to them; it happens to other people. However we're human and combatting fatigue/distraction is what professional drivers do.

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COST OF DISTRACTED DRIVING

- 1. Lost income**
- 2. Truck off the road**
- 3. Loss of contacts**
- 4. Reputational damage**
- 5. Serious harm or death of driver or others**
- 6. Insurance premium increases,**
- 7. Repair bills, etc.**

WHAT IS DISTRACTION?


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AutoSense
DRIVING SAFETY

 **seeingmachines**

**Inattention
causing a delay to
recognising
important info
when driving -
affects our brains**

**Huge risk to
professional
drivers**

**4 seconds
eyes away
from road
(Guardian
alerts)**

**Secondary activity can
be mental, or physically
doing something**
e.g. Boredom or day-dreaming,
Use of mobile phone, Reaching
for stuff in-cab, Changing music,
Outside events

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PREVENTING DISTRACTION



Know yourself



Sort your tech



Know your vehicle



Know your route



Safety culture (our behaviours)

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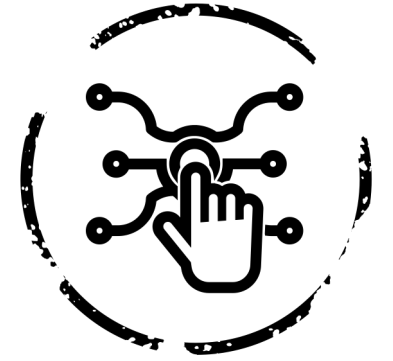


1. KNOW YOURSELF



- When do you get most distracted
- What distracts you most
- Impact of energising food and staying hydrated
- Impact of fatigue
- Educate family / friends not to distract

2. SORT YOUR TECH



- **Connect Bluetooth**
- **Phone on silent**
- **Stow out of reach**
- **Set-up playlist, audio book or radio station**
- **Set auto notifications** (e.g. I am driving and will respond on a break)

3. KNOW YOUR VEHICLE



- Keep your cab uncluttered
- Get organised before you set off
- Understand dimensions and limitations
- Understand dashboard and safety features

4. KNOW YOUR ROUTE



- Know where you'll take a break – save messages or outgoing calls until then
- Before setting off, check weather and traffic conditions
- Focus on your route and what's coming next
- Looking around, checking mirrors

5. SAFETY CULTURE (OUR BEHAVIOURS)



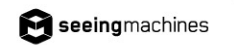
- Using distraction to avoid fatigue.... is still distraction.
- Share your strategies that work with each other
- This is a behaviour change

COMPANY ACTIONS

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**Policy on
when to text
vs when to
call**

**Guidance on
where to
store phone
while moving**

**Reduce
unnecessary
calls e.g. use
telematics to see
where trucks are**

**Ensure
everyone
is taking
breaks**

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WHAT ARE YOUR ACTIONS?

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What simple activities can cause you to take your eyes off the road?

How do you usually respond to distractions?

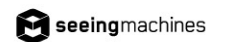
How can you prepare to counter distractions

**Can anyone share an experience we can learn from?
A near miss perhaps?**

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FINAL WORD

Simple events or tasks
can grab your attention
and increase the risk of
making a mistake.

Know your triggers.
Make a plan!

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