

# DISTRACTIONS



Distraction behind the wheel happens when the attention to the task of driving is transferred from it and shifts to another activity. Distractions happen every day, but they can be dangerous while driving.



A few seconds of distraction may cause serious traffic accidents. **The longer the distraction, the higher the risk of an incident.**

Distractions are not always caused by external factors (cell phone, songs, advertisements). **Our physical and emotional condition** also affects and causes distractions. Feverish state, sickness, or persistent pain influence your attention, since you turn to your symptoms every once in a while, taking your attention away from the task of driving.

If you are too tired, there is an increased risk of not only falling asleep and having an accident, but also of getting easily distracted, since your attention is weaker. Your body as well as your mind need to rest.

Besides, an altered emotional state tends to turn your attention to your problems, to your anger, to your resentment, to your anguish, to your sadness, especially when those feelings are too intense. Since you are too agitated, you can also react improperly to irrelevant facts.

**That is why we recommend the following:**

- If you are sleepy, do not drive. Take some rest.
- If you are going through something that affects your emotional condition, try to be physically active, walk, meditate, do some yoga, or see a professional if necessary.
- If you are physically ill, see a professional to relieve your symptoms. Do not self-medicate.
- Be extremely cautious. Keep your focus on driving.



**A good driver cares for their own safety and the safety of other road users.**

**Drive responsibly! We are counting on you!**



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