

How to combat

Distraction

Driver Check List

SELF

- Hydration - drink water
- Impact of food choices
- Sort out high-stress distractions

TECHNOLOGY

- Phone on silent
- Bluetooth connected
- Set up playlist, audio book or radio station

VEHICLE

- Clean, tidy and organised
- Understand dimensions and limitations
- Understand dashboard and safety features

ROUTE

- Directions Set
- Weather and traffic conditions checked
- Breaks planned



5

major causes of

Distraction

1

MOBILE
PHONES



2

PASSENGERS



3

OUTSIDE
EVENTS



4

IN-VEHICLE
ACTIVITIES



5

A
WANDERING
MIND



AutoSense
DRIVING SAFETY 

Learn more at autosense.co.nz