



Distracted Driving

Why This Matters

Distracted driving reduces attention and reaction time, greatly increasing the risk of road accidents. Staying focused while driving helps protect drivers, passengers, and others on the road.

Common Causes

- Using mobile phones while driving
- Eating, drinking, or multitasking behind the wheel
- Adjusting navigation or entertainment systems
- Mental distraction or fatigue

Practical Safety Actions

- Do not use mobile phones while driving
- Set navigation and controls before starting the journey
- Take breaks to reduce fatigue and maintain focus
- Keep eyes on the road and hands on the wheel
- Follow traffic rules and drive defensively

Focus on driving—your attention can save lives.

