



**DRIVING REQUIRES
YOUR FULL
ATTENTION**

AVOID DISTRACTIONS





The attention paid by drivers to their road environment can be easily diverted by other activities.

Whereas driving requires drivers' full attention, distraction reduces their alertness and performance and affects their ability to make decisions.

ONE OF THE MAIN CAUSES OF TRAFFIC ACCIDENTS

Driver distraction is one of the causes most often mentioned by police officers in reference to accidents involving death or bodily injury in Québec.

A MATTER OF SECONDS

A few distracted seconds are all it takes for a collision to occur. Taking your eyes off the road for 4 to 6 seconds at 90 km/h is like travelling the length of a football field with your eyes closed.



SOURCES OF DISTRACTION

There are many sources of distraction. They can come from both inside and outside the vehicle.

Main sources of distraction:

- Using a portable electronic device, for example to make or receive calls, send or receive text messages, surf the Internet or select music
- Smoking or vaping
- Eating or drinking
- Using the onboard touch screen or infotainment system, for example to program the GPS or play music
- Interacting with passengers

PROHIBITED

- **Portable electronic devices:** When at the wheel, drivers are prohibited from using a cell phone or any other portable electronic device designed to be used for sending or receiving information or for entertainment purposes. Smart watches are included in this category of electronic device. You are therefore prohibited from using a smart watch while driving.

PENALTIES: If a police officer believes that you have committed an offence involving portable electronic devices, you are liable to:

- a fine of \$300 to \$600;
- 5 demerit points.

In the case of a repeat offence, you are liable to:

- a fine of \$600;
 - 5 demerit points;
 - immediate suspension of your driver's licence.
- **Screens:** Drivers may consult the information displayed on a screen or activate a screen function provided that doing so is relevant to operating the vehicle or its features.
 - **Earphones and headphones:** Drivers can wear a single earphone.

TECHNOLOGY: A MAJOR SOURCE OF DISTRACTION

Since technology has become such an important part of our lives, the number of potential sources of distraction has increased. Consider the growing presence of technology on board vehicles, the touch screens installed in many new car models, and the popularity of smart phones.

SOLUTIONS TO REDUCE THE RISK OF DISTRACTION WHILE DRIVING

Before heading out:

- ✓ Put your cell phone on "Do Not Disturb," use the driving mode or turn it off. Otherwise, ask your passengers to take your calls or to read or write your text messages or emails for you during the trip.
- ✓ Take the time to eat, drink or smoke to avoid doing so while driving.
- ✓ Program your radio stations or set up your playlists.
- ✓ Program your GPS or study your route.
- ✓ Finish getting ready (putting on makeup, shaving, etc.).
- ✓ Make sure any children or pets riding with you have everything they need for the entire trip.
- ✓ Make sure there are no loose objects on the dashboard or on unoccupied seats.



**DRIVING IS A COMPLEX TASK
THAT REQUIRES YOUR FULL
ATTENTION.**

**AVOID SOURCES OF
DISTRACTION.**

To find out more:
saaq.gouv.qc.ca/en/distraction

***Société de l'assurance
automobile***

Québec 