



**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 resulting in 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 from 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.

### **The main sources of distraction are:**

- Using a portable electronic device to make or receive calls, send or receive text messages, surf the Internet, select music, or do anything else
- Smoking
- Eating or drinking
- Adjusting the radio or GPS, changing CDs, etc.
- Interacting with passengers

## PROHIBITED

- **Portable electronic devices:** All road vehicle 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. Any road vehicle drivers who are found holding a portable electronic device in their hands or in any other manner are presumed to be using the device.

**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:** Under certain conditions, drivers may consult the information displayed on a screen or activate a screen function.
- **Earphones and headphones:** Drivers can wear a single earphone.

## SOLUTIONS TO REDUCE THE RISK OF DISTRACTION WHILE DRIVING

### Before heading out:

- ✓ Turn off your cell phone or activate an application that blocks incoming calls and texts. 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, insert the CD or set up your playlists.
- ✓ Study the map and road signs to follow, or program your GPS.
- ✓ Finish getting ready (putting on makeup, shaving, etc.).
- ✓ Make sure any children 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.

## 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.



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

**AVOID SOURCES OF  
DISTRACTION.**

To find out more:  
**[saaq.gouv.qc.ca/en/distraction](http://saaq.gouv.qc.ca/en/distraction)**

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

**Québec** 

Avec vous,  
au cœur de votre sécurité

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