

**KFV**



# DISTRACTION IN TRAFFIC

5th to 12th grade

Young Mobility Ambassadors  
POWERED BY **swarco**

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# What distracts us?

## Noises

(e.g. conversations with friends)



## Activities

(e.g. eating and drinking)



**Often, several things happen at the same time**

## Thoughts

(e.g. daydreaming)



## Visual stimuli

(e.g. smartphones)



# What happens when you are distracted?



## Pedestrians

- Walking and crossing the street slowly
- Walking in a zigzag pattern
- Deterioration of balance



## Drivers & Riders

- Driving in a zigzag pattern
- Forgetting to use hand and turn signals
- Constantly changing driving speed



## All road users

- Overlooking objects or peoples
- Disregarding traffic rules
- Increased reaction time

# How often does distraction lead to traffic accidents?

## FACT:

Around  $\frac{1}{3}$  of all accidents are caused by distraction!



## FACT:

**Particularly problematic:**  
 $\frac{2}{3}$  of cyclists are involved in accidents because someone was distracted.

**Source:** Traffic accident statistics from Statistics Austria, average from 2018 to 2020, processed by KfV

**Please note:** These are the accident statistics for Austria. What is the situation like in your country? Find the relevant figures and discuss them in comparison.

# How can distractions be avoided?

Even familiar routes can be risky. Every situation is different!

! **Pay attention** to your surroundings, **even in** seemingly **simple traffic situations!**

You are not alone on the road. Others can be distracted and make mistakes, too.

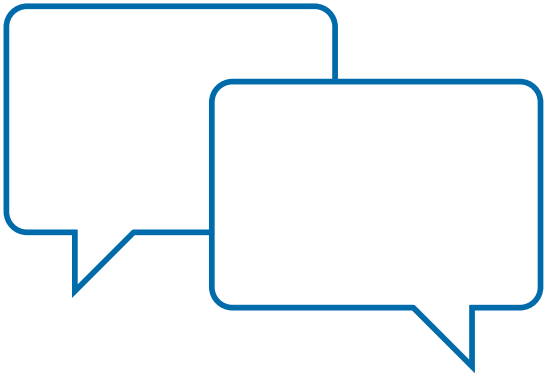
! **Always expect surprises and think ahead!**



Writing messages, surfing the Internet, making phone calls, listening to music, or talking with others are distractions.

! **Stay alert** so you can react quickly and correctly!

# Discussion



**Do you have any specific ideas for preventing accidents caused by distraction?**

# How can you fight off distraction yourself?

## As a pedestrian and cyclist

- Leave your smartphone in your bag
- Use a cell phone holder
- Do not use headphones or only use models that do not completely block out ambient noise
- Stop to perform distracting activities, such as searching your bag or reading a message

**The golden rule:**  
Always keep an eye on traffic!





# How can you fight off distraction yourself?



## As driver or rider

- Place the water bottle in the bottle holder.
- Set up your navigation device before you start driving.
- Use a hands-free device.
- Keep everything you need during your journey within easy reach.
- If you need to do something important while driving, pull over.





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# Worksheet 1: Distractions when walking and cycling

1 What distracts you when you're walking or cycling? Name 3 activities or things for each!




2 Mark the distracting activities and things you can avoid yourself in the table above!

3 How can you avoid these distractions? What are your ideas!



# Worksheet 2: Distraction when riding a moped or driving a car

1 What distracts you when you're riding a moped or driving a car? Name three activities or things!




2 Mark the distracting activities and things you can avoid yourself in the table above!

3 How can you avoid these distractions? What are your ideas!

- ✓
- ✓
- ✓
- ✓
- ✓
- ✓
