

Distracted in traffic

Being distracted in traffic means focusing on something else than what is happening around you on the road. In other words, when a person behind the wheel does something else than driving. When the driver's hands, eyes, ears and thoughts are not focused on the road, dangerous situations can happen.

Objective

With this exercise, you can demonstrate how multitasking impacts performance.

What do you need?

- A tennis ball or similar-sized object.
- Phones for all participants.
- The exercise is done in pairs or alone.

Steps

1. First, throw and catch the ball alone or in pairs without distractions. You can use both hands.
2. Hold your phone in one hand and continue throwing and catching. When working in pairs, both people should have their phone in their hand.
3. Try to throw and catch at the same pace while writing a text message with the other hand, for example: See? You really can't do two things at the same time.
4. Final discussion in pairs or in groups.

- How did being distracted affect how well you performed?
- How is this exercise related to being out in traffic?
- If you lose focus on the road, what kinds of things can you miss? What consequences could that have for others? Or yourself?
- Is it necessary to use your phone in traffic?
- How could you reduce your lack of attention in traffic?
- Did you know that when driving a car or riding a bike, you are not allowed to use a technical device, such as a phone, in a way that would impede or endanger you or others.

Conclusion

Since it is difficult to pay attention to two demanding tasks at once, you should only focus on one at a time. Agree on workplace rules for using phones while driving.

Read more:

- [Liikenneturva.fi/driver-distraction](https://liikenneturva.fi/driver-distraction)
- [Liikenneturva.fi/commuting](https://liikenneturva.fi/commuting)