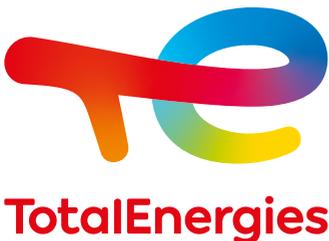




Traffic -
TotalEnergies Golden Rule no.2

Distractions behind the wheel

—
#SafeDriver



Distracted driving

WHAT IS DISTRACTED DRIVING?

Distracted driving is when you engage in other activities that distract your attention from the road and from driving, thereby compromising your safety and that of other road users.

The driver's attention is divided between the **priority task** (driving) and the **secondary tasks** (totally unrelated to driving).

DISTRACTED DRIVING:

Slows down reaction time.

Impairs judgment.

Reduces the field of vision.

Can cause injury or death of the driver, passengers or other road users.

The four types of driving distractions and how to avoid them



VISUAL

For example, taking your eyes off the road to do something unrelated to driving.

- Keep your eyes on the road.
- Pull over to read instructions.
- Switch your telephone to "Silent" mode.



MANUAL

For example, the driver is holding or operating a device rather than holding the wheel with both hands.

- Put your telephone out of reach.
- Adjust devices etc. before setting off.
- Do not try and reach objects while driving.



AUDITIF

For example, a cellphone rings or the volume of a device is so high that it covers all other noises, even an ambulance siren.

- Turn the radio down.
- Listen out for any unusual noises.
- Switch your telephone to "Silent" mode.



COGNITIF

For example, thinking about something that was said in a conversation rather than analyzing the traffic conditions..

- Avoid using your phone, even with the hands-free kit.
- Stay focused on the road.
- Control your emotions.

Sources of distracted driving

THE MAIN IN-VEHICLE SOURCES OF DISTRACTION WHILE DRIVING ARE RELATED TO THE FOLLOWING BEHAVIORS:

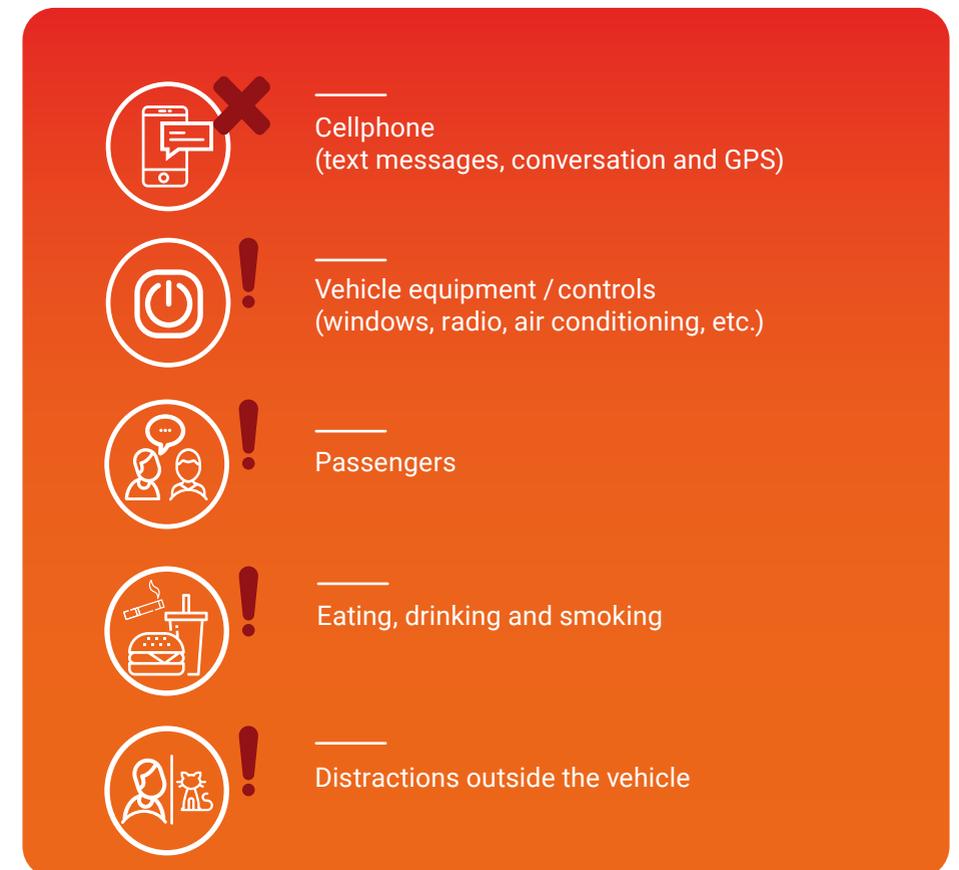
- Having a telephone conversation.
- Dialing a number or sending a message via your cellphone.
- Handling a device or an object integrated into the vehicle (radio, GPS, temperature, cruise control, etc.).
- Trying to reach or handle a device or object in the vehicle (cellphone, folder, handbag, laptop computer, etc.).
- Chatting to the other passengers in the vehicle.
- Eating or drinking.
- Smoking.



THERE ARE ALSO OTHER DISTRACTIONS, SUCH AS:

- Trying to recover an object on the floor or on the back seat while driving.
- Looking at the GPS screen or your telephone to find the right route.

The Top 5 driving distractions



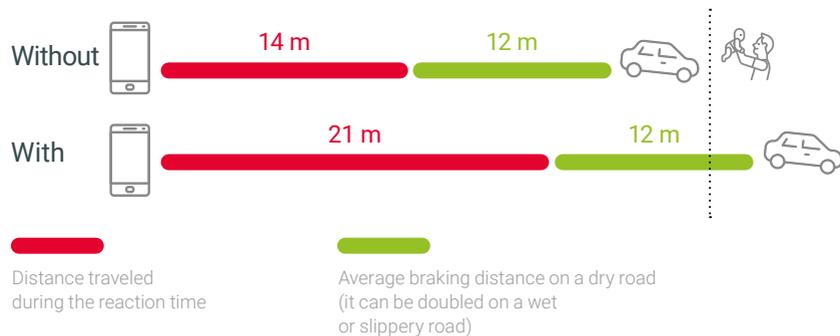
- 
 Cellphone
(text messages, conversation and GPS)
- 
 Vehicle equipment / controls
(windows, radio, air conditioning, etc.)
- 
 Passengers
- 
 Eating, drinking and smoking
- 
 Distractions outside the vehicle

What does the Company rule say?

The use, by the driver, of mobile phones with or without hands-free devices (hands-free kits, Bluetooth, etc.), is prohibited when the vehicle is in motion. GPS programming is done only when the vehicle is stationary.

Extract from CR-GR-HSE-404 "Road vehicle driving safety"

AVERAGE STOPPING DISTANCE AT 50 KM/H:



ADVICE:

- Refrain from any activity likely to be a distraction from driving and concentrate on the flow of traffic.
- If necessary, stop in a safe place to deal with an emergency.

Key figures

59% of drivers use their smartphones when driving.

Source: Association Prévention Routière

Using your phone while driving increases the risk of having an accident by 4

Source: WHO

Sending text messages means you are 23 times as likely to have an accident.

Source: Virginia Tech Transportation Institute

Driving distractions cause 25% of fatal road accidents.

Source: ONISR 2018 (French National Inter-ministerial Observatory for Road Safety)

More than 4 out of 10 drivers configure their GPS while driving.

Source: Euro-barometer for responsible driving. Vinci 2019.

Did you know?

Professionals, addicted to their smartphones?

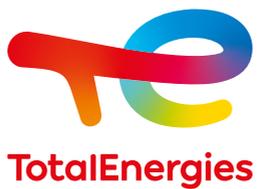
80% of professionals who have to travel as part of their job use their smartphones when driving (calls, SMS, GPS, etc.). A worrying statistic that shows the need for companies to make commitments to road safety and raise awareness among employees.

The hands-free kit, not such a great idea after all?

Even when drivers use a device with a hands-free kit, they are less aware of the movement of traffic around them. They therefore have slower reactions in a critical situation, or worse still, do not recognize danger signs.

An SMS is equivalent to a soccer pitch!

Sending or receiving a message means that you have to take your eyes off the road for 5 seconds. During this time, at 90 km/h, you travel 125 m, i.e. the equivalent of a soccer pitch.



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