**Driver Safety Messages**

Your brain can’t read a text, email or social media and process what’s happening on the road. Why? Because your visual processing centre only does one thing at a time. Distraction kills.

Did you know it takes 27 seconds for your brain to refocus on driving after reading a text or giving a voice command? Keep your head in the game. Distraction kills.

Distraction isn’t just about where you are looking, it’s about what you are mentally focusing on. Worries, pain, notifications, calls, social media, eating – they are all distractions when driving. Distraction kills.

Whatever you do for a living, when you are driving, you have one job. Staying safe. Don’t get distracted. Distraction kills.