

## Attention on the Road

Road use requires attention at all times, and the road ahead needs your full concentration. Often, even short inattentiveness can lead to serious accidents.

Some of the risk factors are described below with advice on how to behave responsibly:

- 1 Radio and Other Media Entertainment**  
Avoid listening to loud music or complex radio reports, particularly when manoeuvring or when in city-centre traffic. You must ensure you are able to hear the noise from your environment, such as warning signals, at all times.
- 2 Mobile Telephones**  
Check your messages and catch up on calls during rest periods because making and receiving calls or sending and receiving text messages are distracting when on the road, even when the speakerphone is used.



### Tip 1:

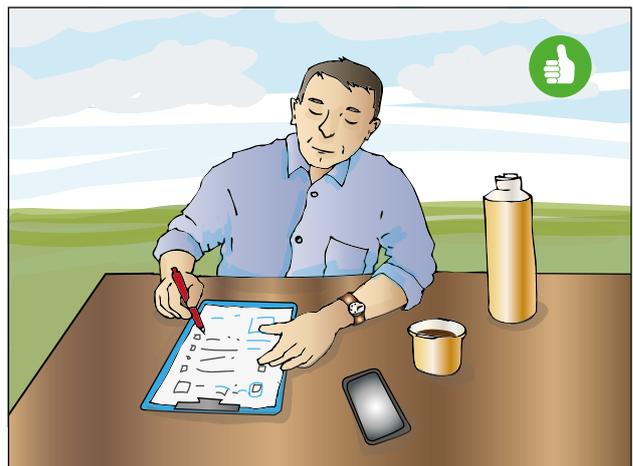
Before departure, check that all seats and mirrors are correctly adjusted.  
Stow away all loose objects and remove all disruptive factors, such as insects.

### Info:

A vehicle being driven at a speed of 50 km/h covers approximately 15 metres per second.  
With a reaction time of one second, the vehicle would still travel for 28 metres when making an emergency stop.  
If the driver is distracted for one second, the stopping distance is extended for another 15 metres.

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- 3 Navigation Systems**  
Programme and operate navigation systems and smartphones when the vehicle is stationary. Ensure any device is positioned properly and does not obstruct the view.
- 4 Passengers**  
Conversations about emotional or complicated topics are best carried out after the journey.
- 5 Surroundings**  
Avoid distractions from outside the vehicle. Ignore accidents involving other vehicles, or any advertising, and concentrate on the essentials — the road.
- 6 Everyday Actions at the Wheel**  
Driving a vehicle is not an office job. Dealing with documents and emails requires a quiet place and the time for this is during your break. Eating, drinking, smoking and looking for objects in the cab should also be done during your break.



## Tip 2:

Benefit from the increased safety of driver assistance systems by making yourself familiar with the controls, icons and warning signs before departure. Driver assistance systems are there to support the driver. Nevertheless, the driver's attention is essential.

## Tip 3:

Take regular short breaks. A few steps outside in the fresh air, some exercise or a light snack can ensure you stay fresh and alert for longer.