**Electric Vehicles and Driver Distraction Toolbox Talk**

A US study on driver behaviour called the 100 Car Naturalistic Study indicated that 78% of collisions in the study had driver distraction as a contributing factor. When driving an EV distraction maybe caused by a variety of issues which cause anxiety and distraction, including:

* Not being sufficiently familiar with and knowledgeable about your vehicle
* Not understanding the variances in battery size, type, charging considerations and how to plan ahead for charging up the battery
* Being unfamiliar with the vehicle dash and how to find information
* Failing to identify where charging points are located on your route and how long charging will take

The high levels of in vehicle technology in Electric Vehicles cause increasing driver distraction due to:

* Our eyes focusing on the touchscreen and not on the road ahead
* Programming and viewing Sat Nav, choosing in car entertainment volumes and air conditioning temperatures are often now controlled by a screen which we must interrogate and which takes a few seconds when our focus is off the road
* Our brains focus is on the car control screen meaning there is less head space for the task of actual driving

Due to this increasing reliance on touch screens for controlling our vehicles and the risks they can cause; it is advisable to reduce the amount of ‘screen time’ whilst driving and it is advisable before setting off to:

* Ensure that you are familiar with the vehicle dashboard and controls
* Plan your journey so you know where to stop and charge your battery
* Set your vehicle temperature and fan level
* Choose your radio channel or music
* Complete the Sat Nav set up for your first charging stop
* Make sure your water bottle is close to hand
* Put your driving sunglasses within reach
* Turn off your mobile phone or tablet

These steps will help to minimise the causes of distraction on your journey so you can focus only on the road and driving defensively.

# Key Points to Remember

* Get familiar with the controls of your vehicle before the journey starts
* Set the controls and set your sat nav before you set off
* Plan your journey so you know where to stop for your first battery charge

# Driver’s Discussion Questions

1. What was the % of collisions the US study attributed to driver distraction?
2. Name some settings that you should set before the journey starts.
3. What aspects of the vehicle should you familiarise yourself with before you drive it for the first time?

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**Attendees**

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