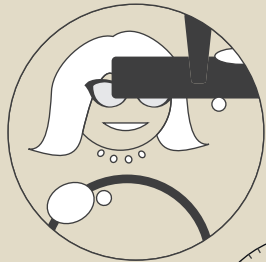


How Long Are You Driving Distracted For?

In the time it takes a driver to snap a selfie at 100 km/h (60 mph) they'll travel the equivalent to one lap of an athletics track – blind. Here's how long five everyday tasks can take a driver's eyes off the road.

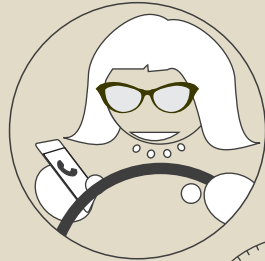
Adjusting your hair
= **120 metres**, or four basketball courts



120m

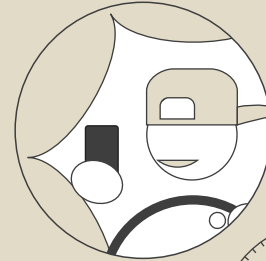


0 m



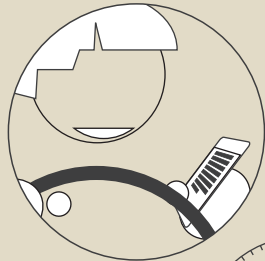
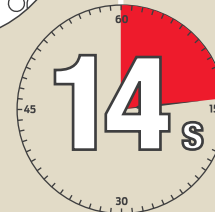
200m

Dialing a number on a hand-held phone
= **200 metres**, or four Olympic swimming pools



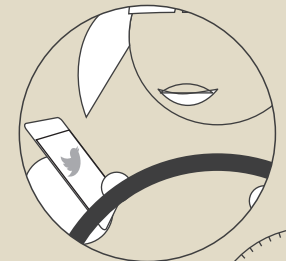
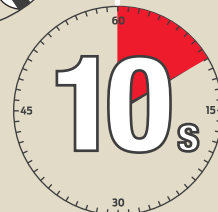
400 m

Taking a selfie
= **400 metres**, or a lap of an athletics track



280 m

Sending a text =
280 metres, or 12 tennis courts



560 m

Checking social media channels
= **560 metres**, or five football pitches

