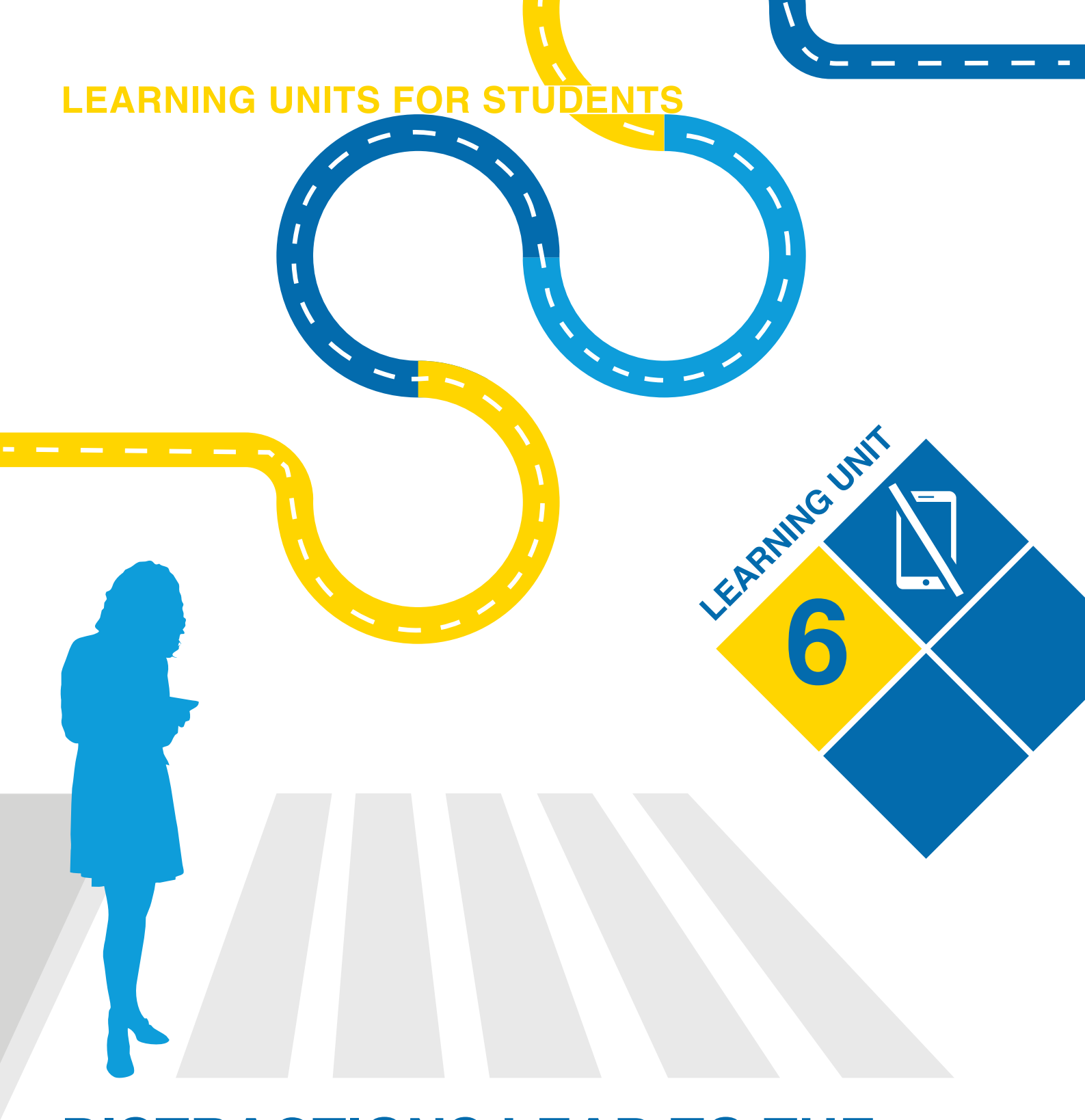


## LEARNING UNITS FOR STUDENTS



**DISTRACTIONS LEAD TO THE  
RISK OF ACCIDENT.**  
Always stay alert!

## CRÉDITOS:

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## Learning Unit presentation

If people are distracted when they are pedestrians, cyclists or on mopeds, without considering the attention levels and concentration needed, they may be a risk of having an accident. Distractions significantly increase risks and reduce safety.

Don't think that only children, the elderly or drivers have distractions. As in life itself, everyone lacks attention, has lapses or difficulties when focusing interests on aspects unrelated to the action at hand, which means they become distracted, absent-minded or unaware.

All research on distractions shows that lack of attention has consequences and, in the case of pedestrian, driver or passenger movements, distractions often translate into accidents that cause injury, and even loss of life, for the person who is distracted and for those affected by this lack of attention that causes the accident. Currently, when people are moving as pedestrians or drivers (in this case because of age, skaters, cyclists or moped riders), the inappropriate use of mobile phones is the origin of distractions and the cause of many traffic accidents.



These distractions with mobile phones occur when making or receiving calls or text messages, using WhatsApp, headphones, social networks, taking photos, videos or selfies, listening to music (especially when too loud) or getting caught up in the flow of people who cross incorrectly.

If you value your own personal safety and that of other road users, be aware of the possible dangers that these types of distractions cause and know how to make decisions to stop using the mobile phone and avoid distractions when using the street and crossings as a pedestrian, cyclist or moped rider.

Some people recognise that when they cross a street, they don't look to see whether there are cars coming or whether the traffic light is green, and they cross completely distracted. These are the so-called technological pedestrians. They are not aware that this attitude poses a risk of having or causing an accident.

Attention decreases if we use these distractions, and the possibility of a scare or an accident is multiplied by four.

This Learning Unit therefore goes a little further into this topic of distractions. There are several activities and videos that will help you to reflect on it and, above all, will encourage you to make your own decisions so that you never have to be in or cause an accident due to a mistake.

*Mobile phones and the use of headphones significantly increase distraction levels and can be a risk if they are used when walking the streets in a city or town, on the roads or when riding a bicycle or a moped.*

## Activity 1:

The dictionary defines the term **distraction** as the action and effect of distracting. It refers to amusing, diverting or averting someone's attention (distracting) from what they were doing. One of the major manifestations of distractions is lack of attention and concentration to be able to carry out an activity or act with guarantees of success and absence of failure or danger; in other words, the disconnection between people's own reality and the reality of the environment in which they move.

Applying this term to the field of mobility actions as pedestrians, drivers or passengers, some of the causes and consequences that arise from lack of attention or concentration in road use behaviours can be listed.

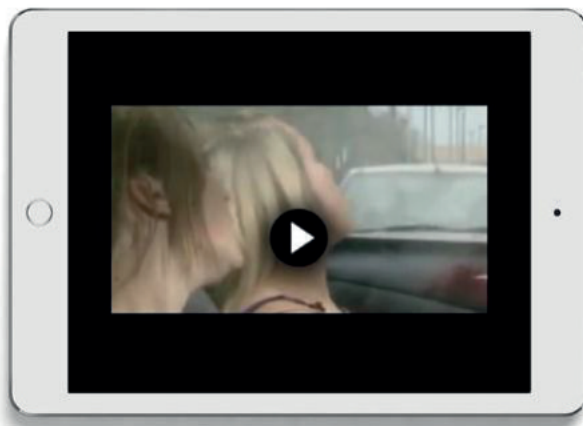


### A person loses attention, to a greater or lesser degree, when:

- Talking on the phone, turning the volume up or down, etc.
- Eating or drinking, especially while driving.
- Searching for any type of object.
- Singing or talking loudly with other passengers, which distracts the driver.
- Looking at themselves in the rear-view mirror.
- Wearing headphones, which stop people from hearing information from the environment surrounding them.
- Recording videos, taking photos or selfies.
- Being carried away by the inertia of others, whether the action is correct or not.
- Diverting attention to other issues, problems or situations.

Watch this video of a campaign on British television. The central theme is related to the misuse of a mobile phone by a young woman who is driving. It is extremely hard-hitting, but represents the reality of one of the many accidents and the consequences that occur due to driver distractions. Even though it's unpleasant, you should watch it and make some conclusions. The unfortunate thing is not the severe outcome of the accident, it's the fact that it could have been avoided by taking a simple step: having been aware of the risk and driving without using the mobile phone.

The video playtime is 4:16 minutes. [https://www.youtube.com/watch?v=HS4NLN8C0O8&feature=youtu.be&has\\_verified=1](https://www.youtube.com/watch?v=HS4NLN8C0O8&feature=youtu.be&has_verified=1)



### Comprehension, analysis and decision-making exercise:

To avoid accidents, it's best to prevent and perceive the hazards involved in a bad action or behaviour. This video is a good example. When you've finished watching the above video, please answer these questions:

Write down the main causes that led to the accident by the driver and her friends. Did they do something wrong?

.....

Did you notice what the first consequence was that occurred due to the driver being distracted using the mobile?

First the driver is distracted, then ..... and then the accident occurs.

What contradictory relationship do you see in the drawing where the 'welcome to the city of TREDEGAR' sign appears and the cars that were involved in the accident?

.....

.....

What were the negative consequences resulting from this accident?

. For the people who caused the accident: .....

. For the people who were involved who were innocent: .....

.....

. For the vehicles: .....

. For service provision: (indicate those that were involved) .....

.....

. Financial expenses: .....

Do you think this accident could have been avoided? Argue your answer. ....

.....

.....

## Activity 2: Statistics on accidents due to distraction

All distractions can affect road safety, but the fact that the use of the mobile phone has become widespread, as has already been observed, can sometimes lead to certain hazards or problems for traffic.

### According to statistics, data relating to distraction:

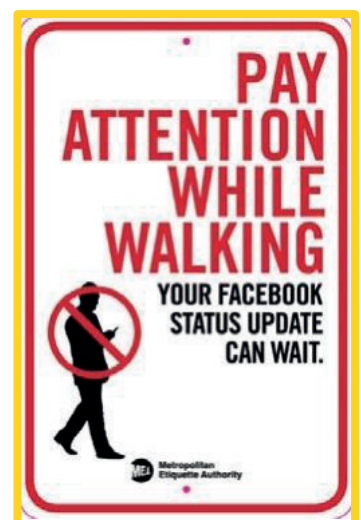
- It is a recurrent factor in 39% of accidents with victims.
- They are more frequent and dangerous on highways than in cities, with a proportion of 45% on interurban roads and 34% on urban roads.

Always in maximum state of alert: one of the most frequent causes of distractions is the misuse of mobile phones. Consequently, the answer must be: *"Avoid using the mobile phone and pay close attention while walking or driving and use the mobile at other times."*

Now take a look at one of the French campaigns for raising awareness among pedestrians about the hazards of crossing a street distracted or without respecting the traffic light when it is red (Duration 1:54).



**IN 98% OF  
ACCIDENTS IN  
WHICH THE  
PEDESTRIAN IS AT  
FAULT, THE CAUSE  
IS MISUSE OF A  
MOBILE  
TELEPHONE.  
(MAPFRE FOUNDATION)**





It's made with a simulator that simulates the braking of a car, records the reaction on the face of the offender and issues awareness messages to change that misconduct:

- A small action/infraction can have great consequences.
- Do not assume the risk of having death before you.
- Respect the traffic lights before you cross.

<https://www.youtube.com/watch?v=BsWrHu3iUW8>



According to the General Traffic Regulations, riding a bike while using a mobile phone or using one or more headphones is prohibited. In addition to the dangers, breach of this rule entails a 200-euro fine. Nor are you allowed to cross a street in an unregulated manner, without respecting the rules and signs, which may entail a fine of up to 60 euros.

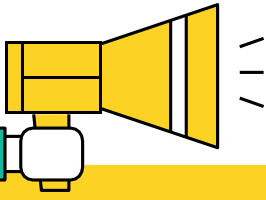
## REVIEW EXERCISE:

In accidents with victims, distractions are a recurring theme in .....% of accidents.  
The best way to avoid distractions as pedestrians or drivers is to  
always be .....

.....

The biggest enemy that causes distractions in pedestrians is called  
.....

When riding a bicycle or moped, the use of distracting elements such  
as the use of ..... and the use of  
..... are prohibited.



## REMEMBER!

- *As a pedestrian or driver, the level of attention must always be high and constant.*
- *Avoiding distractions is synonymous with safety. Be careful when crossing streets and roads!*
- *Mobile phones create distractions when in traffic as a pedestrian, cyclist or moped rider.*
- *Don't take unnecessary risks and have accidents that can be avoided.*
- *Raise attention levels in adverse conditions: night, rain, fog, smoke, etc.*
- *Better to prevent than to regret failures due to lack of attention.*

## Activity 3: Distractions as the cause of an accident

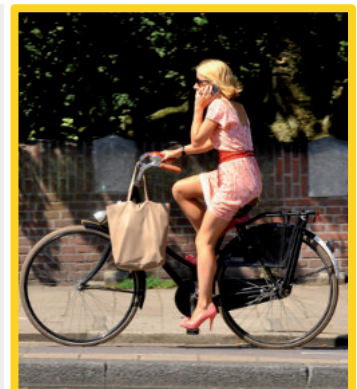
This activity is easy and offers strategies and actions to prevent an accident from happening due to simple reasons.

Firstly, once again, remember the importance of always clearly perceiving the dangers and consequences arising from lack of attention when walking or driving a vehicle.

*There are factors that distract attention in an isolated or concurrent manner, as can be seen in the following image:*

1. They distract you, to the point of forgetting that you are driving, crossing a street or walking.
2. The possible hazards as a pedestrian, cyclist or moped rider are not perceived.
3. Using the phone to call, answer, WhatsApp, etc.
4. Having consumed alcohol or other drugs.
5. Reading or consulting a map while driving or walking.
6. Smoking while riding a bicycle or moped.
7. Losing sight of the street you are on and diverting your vision to other spaces.

**ALWAYS STAY ALERT  
AND PUT THE  
MOBILE AWAY.**



Consider that, if you are not aware and do not perceive in advance that you are taking risks due to lack of attention, you are an ideal candidate to cause or have an accident that causes injury to you or those who are involved in the action you have caused.



**WHEN YOU  
CROSS THE  
STREET,  
DON'T USE  
YOUR MOBILE!**



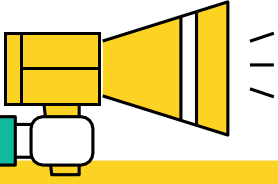
The two sentences that are highlighted are a reminder that mobile phones should only ever be used in circumstances when it is safe to do so. That there are times and circumstances when it is better and safer to leave it in your pocket and use it when any hazard has disappeared.

**The following exercise may help you to better assimilate this traffic safety message.**

### **DIALOGUE AND REFLECTION EXERCISE:**

Can be taken individually or in a small group. The process to follow is:

- Collect more information about the distracting elements that have been discussed and spend personal time reading and reflecting on the information collected.
- Meet in small groups with a summary of each person's information and their experiences.
- Make a few more meaningful conclusions drawn from the group.
- Share the information with the entire class or large group, with a representative from each group informing the rest.
- Try to obtain general conclusions and possible actions with a view to improving attitudes and behaviours in the face of distractions.



## REMEMBER!

*When starting out to cross a pedestrian crossing, it is dangerous if it is not done correctly and safely. In the event of possible danger, a good pedestrian should take into account a series of guidelines and stay alert with all the senses: observe, see, hear, use intuition and always pay the highest level of attention. It must be remembered that the safest way to cross is on pedestrian-enabled areas, always looking on both sides of the path and the road. It is also important not to isolate yourself from the environment with the use of mobile phones and headphones.*

*In the same way, extreme precautions should be taken on a bicycle or moped and the highest level of attention raised to avoid an accident due to a distraction, even if it is small, which can lead to serious dangers. Remember a mobile phone is not compatible with walking on the street or riding a bicycle or moped. It's better to use it in safer places and with less risk.*



## Activity 4: Distractions due to mobile use when riding a bicycle or a moped

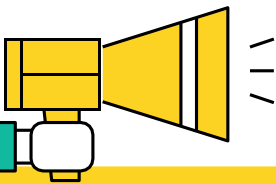
As previously mentioned, be aware of dangers when riding bicycle or a moped, dangers that increase with the use of a mobile phone, even if talking to a friend or a colleague with whom it is presumed that it is easy to do both at the same time. Don't forget that the speed and handling of a bike or moped is more complicated and risky than moving around as a pedestrian.

## Remember that if you use your mobile while driving, the problems are:

- A lack of attention and concentration.
- Losing the notion of space and time.
- Unable to maintain control, speed and proper use of vehicle mechanisms.
- Not seeing signs and signals properly and it is easier to commit infringements.
- More problems making manoeuvres with one hand occupied.
- Deviating in the trajectory or invading other lanes.
- **PREVENTING IS INVESTING**
- **Keep distractions away from you when walking or driving.**

## These are the four moments of greatest risk if you use your mobile and drive:

- Upon receiving the call: the surprise, find the phone, answer the call, etc.
- If you call or text: selective attention goes to the phone and you forget the rest.
- During the conversation: you focus on it, forgetting about signs and signals and everything around you. It takes longer to gain control and react to something unexpected.
- At the end of the call, hanging up and putting the phone away are very difficult actions to reconcile with the task of driving.



### REMEMBER!

*If you have misused the mobile phone many times and nothing has happened, this is not an indicator or sufficient reason to think and guarantee that it will never happen. Distractions in general and the use of mobile phones in particular are bad companions for pedestrians and bicycle and moped riders.*

You can search for information on the internet or consult the MAPFRE Foundation link, where there is a PDF with quite complete and effective information on this subject:

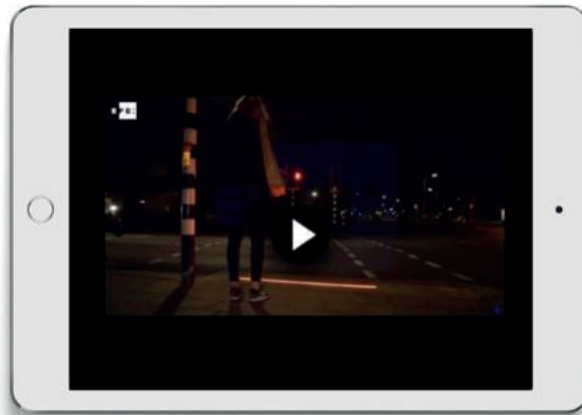
[https://www.fundacionmapfre.org/fundacion/es\\_es/images/smartphone-peatonos\\_tcm1069-224137.pdf](https://www.fundacionmapfre.org/fundacion/es_es/images/smartphone-peatonos_tcm1069-224137.pdf)



TO  
FIND OUT MORE

Another innovative strategy for preventing accidents with mobile phone use is the installation of “traffic lights on the ground” for pedestrians. Some city councils are already installing them and they are more frequently appearing in other cities.

<https://www.youtube.com/watch?v=ExHSMlp7wS8>



The objective is to reinforce the safety of pedestrians who walk while using their mobile phone, internet or other electronic device with a touch screen. Sound interesting? Have a look for information and find out all there is to know.



## Activity 5: Experimental workshop on the effects of distractions

These two simple tests will help you to appreciate the cause and effect of possible the distractions of using a mobile phone:

### FIRST EXPERIENCE AS A PEDESTRIAN:

For this experiment, a few things are needed: a space such as gymnasium, classroom, patio, etc., a drawn straight line (about 15 meters), a plastic cup, a bottle of water to fill it and a mobile phone in your pocket.



**PROCESS:** The person doing the experiment is at the beginning of the line. He/she has a mobile phone switched on in a pocket. Hold the glass of water in one hand (better on a tray or plate). Start out slowly and at a certain moment, a friend makes the call. The person doing the experiment must keep walking, take out the phone, connect and say 'you could have called me at another time.'

The classmates observe everything that occurs in detail: whether the person stopped, whether the water spilled, whether he/she went over the line, etc.

- Walk on a straight line, about fifteen meters.
- Combine walking with holding a glass of water or a marble on a spoon. Carry your mobile in your pocket.
- At a certain point, you will receive a call from a partner.
- Continue walking while you remove the phone and without answering the call, place it on your ear and talk, simulating answering the call.
- The other classmates observe the reactions, take note of everything that occurs and can comment about it to the group.
- After completing the test, you can also talk about the experience.



## SECOND EXPERIENCE AS A BICYCLE RIDER

On a wide track closed to traffic, making sure there is no danger. It may be a sports track, playground, gym, etc. and where an experiment similar to the previous one can be carried out by following these steps:

- You will need a bicycle and a mobile phone in the pocket of the trousers or skirt.
- Mark a departure point and another arrival point.
- The cyclist makes the journey at a slow pace.
- At some point, the cyclist receives a call to his/her mobile.
- Continue riding, take your mobile phone out of your pocket, place it to your ear, talk loudly as if you were having a conversation and put the mobile away again.
- The others observe what happens.
- Then the rider conveys his or her experience to others.



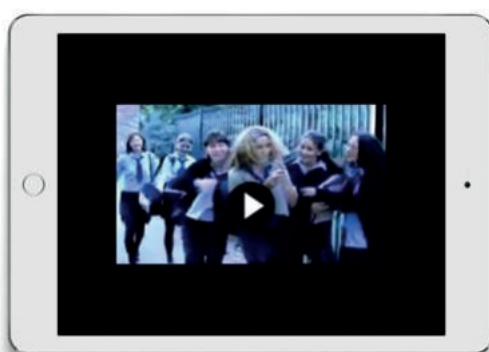
Those acting as observers should do so with attention to all of the person's incorrect actions and behaviours. Try to ensure that everyone has a turn at this experience and can make their own conclusions.

## Activity 6:

# Distractions lead to the risk of accidents. Always stay alert!

Here are some other resources that are useful for reinforcing your behaviour as a pedestrian or driver of the vehicles you are authorised to use.

1. An old but very good video developed in Spain that shows us why pedestrians should be aware that they also have to comply with traffic regulations and be attentive when traveling on public roads.  
<https://www.youtube.com/watch?v=xXLLOEfwqP4>



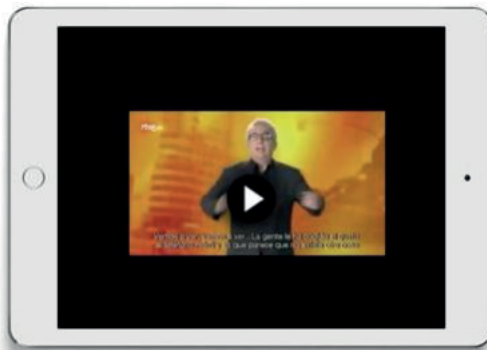
The mobile phone is a very important information, communication and socialisation tool, but it must always be used well since it could be counterproductive or a fatal distraction for safe mobility.

2. In 2013, the General Traffic Directorate carried out a surveillance and awareness campaign on the problems arising from distractions. They not only affect vehicle drivers, in this case, also cyclists. **Distractions are the cause of four out of ten traffic accidents** and in 2011, 904 lives were lost in Spain. The most common are caused by the use of mobile phones or GPS, although there are also other non-punishable behaviours, such as tuning the radio or eating and drinking while driving, smoking, thinking about other things. These possible distractions affect pedestrians as well as drivers. <http://www.20minutos.es/videos/nacional/gnzFNX89-la-dgt-con-tra-las-distracciones/>

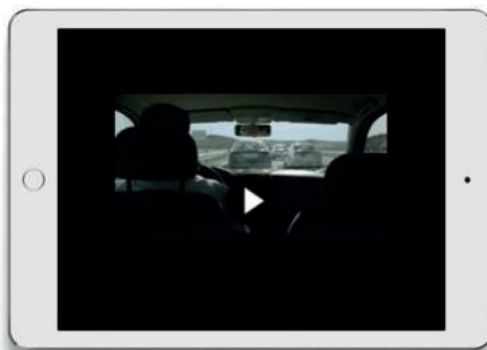




Pedestrian distractions: a humorous General Traffic Directorate campaign with Leo Harlem  
(2012): <http://www.rtve.es/alacarta/videos/programa/campana-dgt-contra-distracciones-peaton-electronico/1341141/>

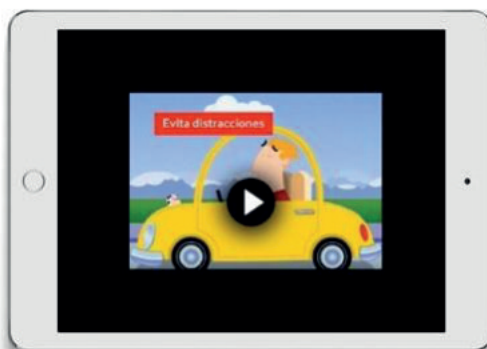


General Traffic Directorate campaign: Distractions as a driver: we all know how it happens. <https://www.youtube.com/watch?v=AoEbsAn40Q&feature=youtu.be>



Even if you don't drive a car, it's good to know the risks of a driver who uses a phone while driving. When you're a passenger, you can also remind the driver that it's best to use the phone during breaks or at the end of the trip. If the driver uses a mobile phone, all the occupants are at risk.

Distractions with the mobile phone, using cartoons to encourage hands-free phone use: <https://www.youtube.com/watch?v=Frof8J1tyl&feature=youtu.be>





# Evaluation of the Learning Unit

Please complete a simple evaluation test on the aspects discussed in this unit.

First name:..... Surname(s): ..... Date: .....

1 When pedestrians are guilty of causing an accident, what percentage of the total is attributed to distractions caused by mobile phone use? .....

2. Do you think it's dangerous to talk, photograph read and write messages while walking as a pedestrian or when crossing a street. YES/NO. Reason your answer. ....

3. You already know that riding a bike or moped and using a mobile phone or headphones is not permitted. What are the dangers of using a mobile phone in this way? Do you think that, despite everything, it isn't so dangerous to use them?  
Do you know what the penalty could be? .....

4. Write down three actions that may be dangerous or that may distract when using a mobile phone:  
As a pedestrian: .....

As a cyclist: .....

5. Can you write a slogan or short phrase to make pedestrians or cyclists aware of the advantages or dangers of using a mobile phone when moving around the city or on roads?  
.....

6. Search this puzzle for the words that appear in the list and that have a lot to do with pedestrian and driver road safety. (They can be vertical, horizontal, reverse, diagonal).

Motorbike, prevent, seatbelts, friendly, bicycle, traffic light, seats, respect, attentive, helmet, empathy, safety, life.

|   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|
| A | T | T | E | N | T | I | V | E | N | R | B |
| Y | H | X | Y | P | R | E | S | P | E | C | T |
| H | G | Y | L | D | N | E | I | R | F | V | M |
| E | I | Z | D | I | U | S | C | H | D | O | M |
| L | L | Y | B | T | M | T | A | S | T | T | J |
| M | C | I | I | R | L | L | Q | O | J | N | Y |
| E | I | S | C | L | G | E | R | C | L | E | H |
| T | F | T | Y | D | L | B | J | Q | I | V | T |
| E | F | A | C | N | I | T | N | X | F | E | A |
| P | A | E | L | K | D | A | T | Q | E | R | P |
| X | R | S | E | I | E | E | Q | J | T | P | M |
| Y | T | E | F | A | S | S | S | W | M | F | E |

## CORRECTOR ACTIVITY 1

- Driver using mobile phones, friends distracting them and lack of attention.
- When you're distracted, it takes just a few seconds to cross into the opposite lane of oncoming traffic.
- The sign shows a welcome, with the harsh reality of those who did not arrive happily because of an accident that could have been avoided. The important thing is to arrive.
  - Dead and injured. Consequences for the drivers and their relatives.
  - Dead and injured without any guilt and all the negative consequences.
  - Defects and wear
  - Policemen, firefighters, health workers, volunteers.
  - Expenses: economic, hospital, transfers, psychological, insurance, vehicle repairs, etc. They are very high.
- Yes. Knowing and perceiving the dangers of using a mobile phone while driving. If her friends had told her not to use it.

## CORRECTOR ACTIVITY 2

- 39%
- Very attentive
- Mobile Telephone
- The mobile and the headphones
- Pay attention while you walk. Your Facebook status update can wait.

## LEARNING UNIT EVALUATION CORRECTOR

- 1 98%
2. Free and well-reasoned answer
3. Free answer, arguing each of the three questions/answers well.
4. As a pedestrian and cyclist, the risks are common, although cycling can be more dangerous: checking the phone, writing messages, making or receiving calls, taking photos or videos, listening to music, chatting, skipping signals, crossing through inertia and getting caught up in the flow of others who cross incorrectly...
5. Search and highlight the 13 words related to road safety.





[www.dgt.es](http://www.dgt.es)