



# COMPLACENT DRIVING

**Avoid common collisions in familiar areas**

Complacent driving is a threat to experienced drivers and those driving familiar routes. The risk to drivers is high when driving in well-known areas. Instead crucial driving observations, complacent drivers get caught up in thoughts about work, home life or "thoughtless driving" where they "switch off" and follow the vehicle in front.

## THE STATISTICS

- More than a third of collisions happen between 1 and 5 miles of home
- 3 out of 10 collisions occur less than 1 mile from home
- More than 1 in 10 are within six to 10 miles from home
- Over 1 in 10 collisions are from 11 to 25 miles of home

There is a 'comfort zone' drivers find themselves in when close to home and on roads well known to them. The feeling of familiarity encourages a lax attitude to driving in these key areas.

Never think of driving as a daily chore or another part of the routine. Stay focused on driving and treat it as seriously as it deserves. The consequences of not could be fatal.

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■ *"It's interesting to note that the type of accidents people most commonly have close to home happen at lower speeds and involve less impact. In fact, these accidents could involve people simply manoeuvring in or out of their driveway. It's vital people stay alert and avoid complacency when driving close to home"*

## TACKLING COMPLACENCY

Most of us can admit to complacent driving at some stage of our lives. The feeling of "how did I get here" when driving your regular commute. Complacent driving is more than just an eerie feeling, however. It can have consequences.

Often, complacency can result in scraping your own driveway wall or clipping a parked car on your way to work. It carries bigger dangers, though. If you are not fully focused on driving, your easy commute could quickly become a fatal collision.

**The best weapon against complacency is acknowledging it can happen and reapplying your full concentration to the driving task.**

## TOP TIP

■ **Use commentary driving!**  
Speak your driving observations out loud as you drive. This will focus your mind on the task at hand and keep your attention high.