

The 7 Biggest Driver Safety Myths



While most of us understand the dangers of speeding and texting behind the wheel, there are many habits you might think of as safe that actually put you and those around you in danger. We're here to dispel some of the most common driver safety misconceptions.

Myth 1

I can have an alcoholic drink, wait an hour and drive safely.

REALITY

You could still have a Blood Alcohol Concentration (BAC) of 0.02% an hour after only one standard drink, where your reaction time will be slowed and you struggle to focus on multiple things at once.



Myth 2

Drinking a coffee or splashing water on my face will help my body process alcohol quicker.

REALITY

While splashing water on your face may wake you up, it has no impact on your ability to process alcohol. And no, drinking coffee doesn't sober you up! The only thing that impacts your BAC is time.

Myth 3

Stopping for a coffee every two hours will keep me alert during long road trips.

REALITY

While coffee offers a short energy boost peaking at roughly 15 to 45 minutes after consumption, relying solely on caffeine won't help you stay sharp for long drives. It's recommended that once every two hours you pull over and take a 15-minute break. Drink water, get out of your car, have a stretch and take in some fresh air.



Myth 4

It's mostly P-platers that talk on their phones while driving.

REALITY

This is often dismissed as just something younger people do – but drivers aged between 35-44 are the demographic most likely to talk on their mobile phone behind the wheel.

Myth 5

Experience makes you a better driver.

REALITY

Just because you've had your license for decades doesn't make you a better driver. As we age deteriorating vision, impaired hearing and slowed reflexes all have a major impact on safe driving. We also get complacent, forgetting important road rules through learned unsafe habits – it's important to stay educated!



Myth 6

I drive a modern car so I can speed safely.

REALITY

While it's true that today's cars offer better safety features compared to vehicles from 20 years ago, this isn't an excuse to drive recklessly. Driving too fast contributes to about 40% of road fatalities in NSW. There's simply no excuse for speeding.

Myth 7

I drive under the speed limit which means I'm a safe driver.

REALITY

While you shouldn't speed, driving too slowly isn't the answer either! Driving under the speed limit can create chaotic and dangerous conditions for other drivers, particularly on motorways. It can also lead to fines of up to hundreds of dollars, depending on the state you're in.



NOW THAT WE'VE CLEARED UP THESE COMMON MYTHS, HERE ARE SOME OF THE BIGGEST RISKS AND DANGERS YOU SHOULD KEEP IN MIND WHEN ON THE ROAD:



About **23%** of all crashes are caused by failure to give way



Fatigue has the same **impact on your brain as drink driving**



One in five drivers admit to **breaking more road rules in rural areas**



3/4 of serious injuries arise from **single vehicle run-off-road crashes**



Over **one in four** drivers killed on Australian roads have a **BAC over the legal limit**



Speeding is a direct factor in around **30%** of all road accidents



Over **three people per day** are killed in road-related deaths



Distractions like mobile phones contribute to **71%** of truck accidents



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