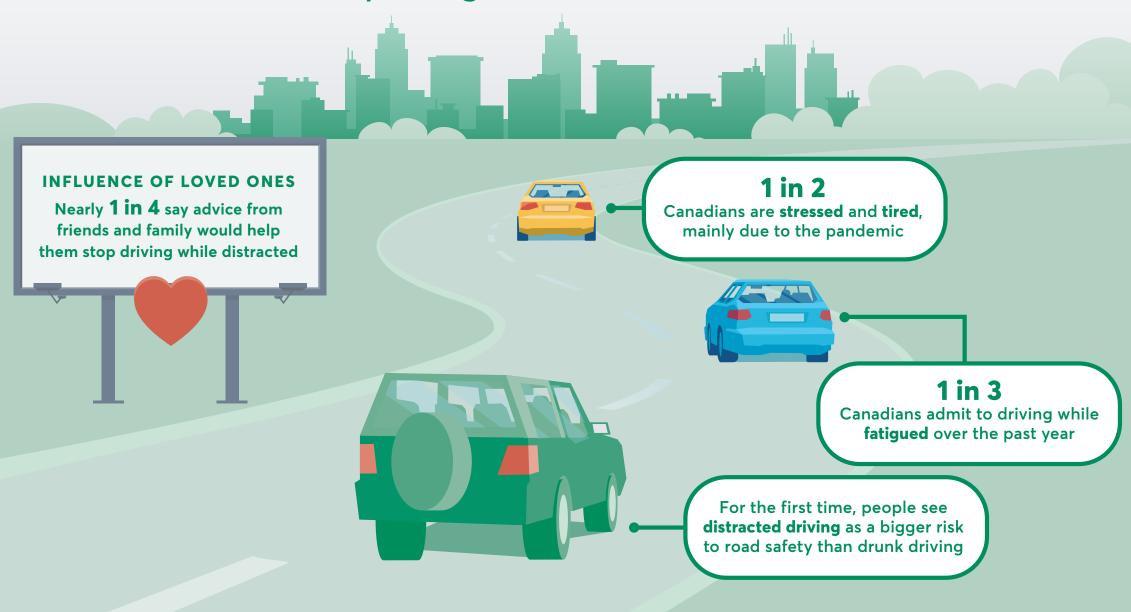
## Half of Canadian drivers are Tired and Stressed

(and it's impacting our roads and communities).



What are the top causes of stress for Canadians?

32% social isolation

31% pandemic insecurities 31% personal situations

31% financial concerns

professional concerns

How does this increase in stress and fatigue impact drivers?



40%

admit to 'zoning out' while on the road

13%

admit to having fallen asleep at the wheel

1 in 20

drivers admit to being in a collision because they were absent-minded on the road

## What are the top five distractions for Canadian drivers?



54%

external

environment

40%

changing

console settings

in their car



38% cellphonerelated



32% eating & drinking



other passengers or children in the car

## What would help drivers to stop driving while distracted?

42%

getting into a collision

23%

advice from friends or family

18%

increased fines

## **2021 ROAD SAFETY Survey Highlights**

At least 1 in 2 Canadians are stressed (50%) or tired (53%), with over half (54%) reporting that the pandemic has negatively impacted their mental health.

A third of Canadians (33%) admitted to driving while fatigued at the wheel.

in the past 12 months, with 13% having fallen asleep at least once

distracted driving as a bigger risk than drunk driving, with the top distraction cited as external environment (54%).

For the first time, people see

and friends to promote safer habits seems to have doubled from previous years, with nearly 1 in 4 saying they would listen to family and friends to stop them from driving while distracted.

The influence of family

