

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

27%

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%

cellphone-related



32%

eating & drinking



30%

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

For the first time, people see distracted driving as a **bigger risk** than drunk driving, with the top distraction cited as external environment (54%).

The influence of family 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.