

ROAD SENSE AUSTRALIA

ROAD MATTERS
THE MONTHLY NEWSLETTER

PROVIDING COMMUNITY EDUCATION THAT CREATES RESPONSIBLE ROAD USERS AND SAFER COMMUNITIES.

THIS MONTH: Stress

We looked at the different effects stress can have on us and how that can impact the way that we drive. Stress is something that we have all experienced at varying levels throughout our lives, and while on occasion it may feel as though it helped us stay alert or focused, too much of it can have a significant impact on how safe we are on the road.

When we are experiencing higher levels of stress than normal, we are in a heightened state of physiological alertness that can make us excessively reactive. In other words, we may overreact with evasive actions while driving, which in themselves are dangerous, such as slamming the brakes when you notice another car approaching the roundabout instead of gently slowing down to make sure you have right of way.

Further, our ability to be able to accurately assess situations for risk and take appropriate defensive action is diminished. This means that we are less likely to notice when something may genuinely be a hazard, such as not being aware of a pedestrian, and then also not being able to quickly decide if we need to change the way that we are driving, such as slightly slowing as we pass them in case they decide to cross the road.



When under stress, drivers may experience:

- Increased reactivity
- Reduced impulse control
- Less efficient risk assessment capabilities

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Project 3PM - Youi & RSA

Youi has discovered from their 2025 data that 3pm is the most common time for incidents that lead to claims. Youi wanted to understand why and asked for our help with practical tips to reduce these incidents. This led to the creation of the [3PM Playbook](#).

After surveying more than 2,300 Australians, Youi found congestion, stress and fatigue to be the most common factors in incidents at this time, and we have three steps to help prevent them:

- **Plan** your trip before taking off and ensure you have enough time
- **Prepare** by ensuring that your phone is off and that your GPS is ready
- **Pause** to make sure that you are in the best headspace before hitting the road



You can read more about Youi's findings and Project 3PM [here](#), read our [blog](#) for more road safety tips, and download our free [factsheet](#) to keep handy.

What's on next month?

October is National Safe Work Month, and we will be taking a look at the safety issues surrounding workplace driving and what measures can be used to help keep everyone safe.

We also have a program that we will be launching very soon that may help everyone be safer at work when behind the wheel.

We would also love to hear from you all about what measures or tools have helped you be safer while on the road for work.



MONTHLY ROAD FACT
DID YOU KNOW?

In Switzerland, the cost of a speeding fine is dependent on the driver's disposable income.

The world's largest speeding fine was issued by the Swiss in 2010. How much was it approx. in euros?

- A) 335,000

B) 926,544

C) 1,100,000

D) 10,000

ANSWER: C

Free Resources

We are excited to announce that our resource page is now live on our website! It is free for anyone to use and download, whether it is just to get an understanding of a topic for yourself, to put them in common spaces to help inform others or to use them in classes. Current topics include fatigue management, pedestrians, and driving in NSW for interstate or international road users.

Let us know of any topics you would like us to cover



CHECK OUT AND
DOWNLOAD OUR FREE
RESOURCES NOW!

TRAFFIC OFFENDER INTERVENTION PROGRAM

ONE-DAY \$185 BEHAVIOURAL CHANGE PROGRAM



LEARN MORE & SIGN UP
FOR YOUR TOIP TODAY



CHECK OUT THE
TOIP VIDEO!

DRIVE IT HOME

WHS PROGRAM FOR OCCUPATIONAL DRIVERS



REGISTER TO BE THE FIRST NOTIFIED
WHEN OUR NEW DRIVE IT HOME IS
AVAILABLE AUSTRALIA WIDE

STRESS IMPACTS MORE THAN JUST YOU

When life gets busy and commitments feel like they're pulling you in at least ten different directions, it can be stressful. Unfortunately, as Youi discovered in their Project 3PM survey, stress can have a negative impact on the way that we drive. When you're stressed behind the wheel, you are more likely to drive more aggressively and be less focused, meaning you are less likely to accurately spot hazards, and when you do, your ability to decide on the best defensive action within the short amount of time you have to do is reduced. We recommend taking a few moments before heading off to consider your state of mind and reset your focus to the task at hand and getting to your destination safely.

Before starting your car, take 30secs to refocus to reduce the impact stress has on your driving.

ROAD TIP OF THE MONTH

OCTOBER 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

October: National Safe Work Month

KEY DATES • EVENTS TO REMEMBER

1st

Motorcycle Awareness Month



10th

World Mental Health Day

30th

World Teachers' Day

31st

Halloween

