



SAFETY TALK

Distracted driving

Any time you take your eyes off the road, your hands off the wheel, or your mind off driving you are distracted from driving safely. In 80% of collisions and 65% of near crashes, driver inattention was a factor.

What's the danger

There are three types of distractions that cause potential hazards:

- Visual – taking your eyes off the road
- Cognitive – taking your mind off driving
- Manual – taking your hands off the wheel

Using a cell phone, texting, and eating are examples of things that distract you from driving safely. In-vehicle technologies (like a GPS) can also be sources of distraction. Texting is especially dangerous because it combines all three types of distraction.

How to protect yourself

Understand, reduce and eliminate distractions that your employees may face on the road.

Create a policy – set out requirements on the use of mobile devices and other potential distractions

Communicate the policy – to your managers, workers and contractors

Support your workers – do not accept calls or texts while driving; have workers create an “I’m behind the wheel” voice message

Set an example – never touch a device while driving

Elements to consider for your policy:

- Banning employees from using cell phones and other technology while driving
- Requiring employees to pull over to the side of the road at a safe area if there is a need to use a cell phone
- Banning the use of headphones to listen to music on mobile device
- Having employees make adjustments to the vehicle prior to starting to drive – for example, programming GPS and adjusting mirrors

Print and review this talk with your staff, sign off and file for COR™ / SECOR audit purposes.

Date: _____

Performed by: _____

Concerns:

Employee Name:

Supervisor: _____

Location: _____

Corrective Actions:

Employee Signature:

