

TOOLBOX TALK

DRIVING



Distracted Driving

Each day in the US there are over 1,100 injuries and nearly 10 deaths from crashes involving distracted drivers. Cell phones, food, and other types of electronics are the main causes of distractions that have serious consequences when behind the wheel. Here are some tips to help reduce the number of distractions you may face the next time you hop in your car:

Before Driving

- Turn your cell phone off or on silent to reduce the notifications you may hear
- Put your cell phone out of reach to remove the temptation of using while driving
- When using a GPS, type in your destination prior to leaving
- Make any adjustments to your seat, mirror, or radio
- Finish eating before you start moving
- Remove any objects that may obstruct your view of mirrors

While Driving

- Let calls go to voicemail. If using bluetooth, keep conversations short
- Allow passengers to respond to calls, update GPS, and control radio
- Keep music at a reasonable volume
- Keep both hands on the wheel
- Keep your eyes tasked on driving, not your surroundings (billboards, buildings, etc.)
- Pull over if call is important or you find yourself becoming distracted

When it comes to motor vehicles, additional precautions need to be taken to prevent serious injuries to you and to those around you. Remove any and all distractions before you begin driving and make sure to stay focused as you drive. Don't become another statistic of distracted driving.

Distracted Driving

Take Home Point:

Distracted driving kills nearly 3,000 people each year. Before you start your car, make sure you take care of any distractions that you may face while driving. Keeping your cell phone out of reach and on silent will remove your biggest distraction.

Date: _____

Safety Leader: _____

Crew Members:

Looking for a way to track and maintain your employee records? Scan the QR code for more information

