



SAFETY TALKS:

Distracted Driving

In 2016, an estimated 3,000 lives were lost to distracted drivers. Distracted Driving is defined as any activity that takes your eyes off the road, your hands off the wheel, or your mind off your primary task of driving safely, potentially endangering the driver, passenger and bystander safety.

There are three types of distracted driving:

1. Visual Distraction – Doing something that requires the driver to look away from the roadway
2. Manual Distraction – Doing something that requires the driver to take their hands off the steering wheel
3. Mental Distraction – Thinking hard about something other than driving

Some forms of distracted driving include:

- Texting
- Talking on the phone – even hands free
- Eating & drinking
- Talking to passengers
- Grooming
- Reading, including maps (GPS)
- Watching a video
- Adjusting radio, CD or Music App

How risky is the distraction? These distractions behind the wheel, according to the National Safety Council, increase the risk of being in an accident:

- Reading while driving – 3x more likely to crash
- Reaching for a moving object while driving – 8x more like to crash
- Turning around in a seat while driving – 8x more likely to crash
- Talking on a cell phone while driving– 4x more likely to crash
- Texting while driving – 23x more likely to crash - Texting while driving is the ultimate distraction because it involves all three different types of distraction.



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Five ways to avoid potential distractions while driving:

1. Don't drive while calling or texting, even hands free
2. Keep your phone secure
3. Don't reach for anything while driving
4. Don't take notes while driving
5. Don't eat or drink while driving
6. Groom yourself at home

Three ways to help you or someone else break the habit of reaching for their cell phone while driving:

1. Turn off your cell phone when you enter the car
2. Place the phone out of reach
3. Have your outgoing message state you are a "cell phone-free driver"