



TODAY'S SAFETY TALK – TRAINING SESSIONS TO PREVENT INJURIES AND INCIDENTS

# TAKE A MINUTE FOR YOUR SAFETY

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## DISTRACTED DRIVING PREVENTION

### **Distracted Driving**

Distracted driving is anything that diverts your attention away from driving. Safe driving requires your full attention. It is estimated that a driver makes an average of 200 decisions during every mile he or she drives. Adding unneeded tasks decreases the ability to recognize potential hazards in the road, often causing drivers to react more slowly to traffic conditions.

### **Distracted Driving Hazards**

According to the National Traffic Highway Safety Administration in 2018 alone, 2,841 people were killed and an estimated 400,000 were injured in motor vehicle crashes involving distracted drivers. Distracted driving creates serious and unneeded risk. By staying aware and vigilantly using prevention techniques, you can greatly reduce these risks. Your health and safety are important to us, we don't want you to get hurt.

### **Prevention**

- Plan your route before you go. Know how traffic and weather conditions might affect you and leave a little earlier. It will help you arrive at your destination with less stress and fewer distracting thoughts.
- Pre-set the climate control, GPS, radio, or other devices; and identify the location of signals, wipers, and lights in the vehicle before you drive.
- While driving, turn off your phone, set it on "do not disturb" mode, put the phone in a location to minimize the distraction and temptation of an incoming call or text.
- Secure loose items and other distractions that could roll around in the car, so you are not tempted to reach for them on the floor or the seat.
- When using a phone in a vehicle requires the use of your hands for more than one single touch, be sure to pull out of traffic and legally park before using the phone.
- Hands-free devices are not risk-free. They still cause distractions and should be avoided. Use phones only for short, important conversations.
- If you get lost, turned around or need to make major changes to your route, find a safe place to pull off the road to review and reorient.
- Postpone complex or emotional conversations on the phone or with passengers until you arrive at your destination.
- Constantly search the roadway for situations that could require you to take quick action.

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# TAKE A MINUTE FOR YOUR SAFETY SIGN-IN SHEET

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COUNTY/AGENCY: \_\_\_\_\_

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Print Name

Signature

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