



## DISTRACTED DRIVING

Many **accidents** and **injuries** occur when a worker is **distracted** while **DRIVING**.

Following are **safety** guidelines to **ensure** that all workers are aware of the **distractions** that may occur while driving, and how these **distractions** can be **eliminated**:

### **MENTAL DISTRACTIONS:**

Having a bad day at home and worrying about it while driving is a **hazardous** combination. Dropping your mental guard can pull your focus **away from the road and safe work procedures**.

- You can be **distracted** when you are busy **Working** and you are carrying on a conversation while you are trying to drive.
- **Do Not** become a **statistic** because you **took your eyes off the road** 'just for a second. An auto accident can happen before you have time to react.

### **DISTRACTIONS:**

**Inattention** may be the **result** from **workplace arguments, confusing instructions, concern about Working hours, wages, bills, etc.** **Inattention worsens** with **fatigue** and **boredom**.

- **Keep your mind on the road.**
- **Follow safe driving practices every time you get behind the wheel.**
  - ❖ **Stop for all stop signs**
  - ❖ **Watch for other drivers moving into your space**
  - ❖ **Wear your seatbelt**
  - ❖ **Move out of the way for emergency vehicles**
  - ❖ **Obey ALL of the rules on the road!**
- **Practice defensive driving.** If you are allowing yourself to be distracted, you are not protecting yourself, passengers and other drivers on the road.
- **Hang up and drive!** Do not make calls or send text messages while you are driving.
- **Get plenty of rest.** Many accidents happen because a driver fell asleep behind the wheel.
- **Never drive when you don't feel well,** illness and stress should not get behind the wheel with you.

**Do not** play loud music.

- Loud radios may prevent you from hearing **emergency vehicles**, another drivers **horn, back up alarms or trains.**

**Avoid distractions such as:**

- |                               |                                     |
|-------------------------------|-------------------------------------|
| ➤ Looking at a map'           | Doing paperwork                     |
| ➤ Reading                     | Fastening a safety belt             |
| ➤ Adjusting the radio         | Reaching for a cup                  |
| ➤ Trying to get out of a coat | Reaching into the glove compartment |
| ➤ Unsafe lane change          | Bad windshield wipers               |
| ➤ Searching for dropped items | Staring at other drivers            |
| ➤ Eating a meal               | Fixing your hair or applying makeup |

**Alcohol, drugs, and driving do not mix.** Any driver, who operates a vehicle while impaired, **increases** the chance of **injuries**, and **death**.

- **If you are drinking or using controlled substances, do not drive.** Along with **your driver's license** comes the **obligation to drive responsibly**.
- It is **unlawful** for **any person** who is **under the influence** of intoxicating liquor, any drugs, or toxic vapors to **drive** or be in actual physical control of any vehicle.

Set up your vehicle so that you can pay attention to the road.

- **Adjust your seat, radio, drinks ect, Before you leave the parking lot.**
- **Secure loose items that are carried in the cab of the vehicle with you.** Often, people are seriously injured when they are struck by loose items in an auto accident.
- **Put your cell phone, down! If you must take a call when your in a vehicle, use a hands free device.** They are much less expensive than **hurting yourself or someone else in an accident.**

**Consider this:**

**4 out of every 5 accidents are the fault of the person involved in the incident. Unsafe acts cause four times as many accidents and injuries as unsafe conditions.**

Drivers tend to look for *"things"* to **blame** when an **accident** happens, because it is easier than looking for **"root causes"**. **Confidence is a good thing. Overconfidence can be too much of a good thing.** **"It will never happen to me"** is an attitude that can lead to **unsafe** driving and ultimately an accident.

**REMEMBER: ALWAYS WEAR YOUR SEATBELT!**