



# Toolbox Talks

## Distracted Driving



**Distracted Driving** can occur when you take your **mind** off driving, take your **hands** off the wheel, or take your **eyes** off the road. Personal grooming, eating, trying to find the perfect radio station, or reading a text message are all common driving distractions that should be avoided.

**When behind the wheel, drivers should always be fully aware of their surroundings, remain focused solely on driving and avoid all types of distractions.**

Inattention Blindness occurs when a driver fails to notice a visible hazard because their attention is focused on something else. When multitasking, the driver's brain is switching back and forth between driving and the distraction, which can lead to slow reaction time and can cause a collision.

Drivers on cell phones, even using the hands-free features, see just a fraction of their driving environment because their attention is being divided between the road and the conversation.

**Use your cell phone only when you are safely parked.**

- Emergency, fire, police personnel and their vehicles can cause a distraction while driving. Pull over into another lane, further away, if possible, when coming up on emergency vehicles that are pulled onto the shoulder or side of a street/highway.
- Accident scenes create distraction. Avoid staring at an accident scene when passing by on the roadway.
- When driving through a construction work zone, slow down and pay attention.
- Ensure both hands are always on your steering wheel, and you remain distraction free while driving. ALWAYS stay fully aware of your surroundings.

**Here's how to prepare for a distraction-free drive:**

- Complete your phone calls, texts and emails.
- Finish your snack or your meal, and if you have a drink, make sure it has a secure lid on it.
- Program your GPS, start your playlist, queue up your audiobook or set up any other electronics that need to play while you are driving so that you don't need to touch anything after you start driving.
- Enable the Do Not Disturb feature so you won't be distracted by notifications.
- Put the phone in a glove box, purse, bag or other space that is out of reach.
- Before longer drives, inform your co-workers, family, and friends that you will be driving and that you will not be checking your phone or accepting calls while you drive, then allow time to safely park and check your messages, if needed.
- Avoid driving if you are upset, fatigued or sick

