

Distracted Driving

WHY THIS MATTERS

Distracted driving killed 3,208 people in 2024 (NHTSA) and accounts for 8% of all fatal crashes. Texting takes your eyes off the road for 5 seconds — at 55 mph, that's driving the length of a football field blind. Transportation incidents are the #1 cause of workplace fatalities. Every worker who drives for work must treat focus behind the wheel as a life-or-death responsibility.

3,208

Distracted driving deaths in 2024 (NHTSA)

5 sec

Eyes off road to read a text — at 55 mph = 100 yards blind

8%

Of all fatal crashes involve distracted driving

5 Rules to Prevent Distracted Driving

Every worker who drives for work must follow these rules:

- 1 PHONE DOWN — EVERY TRIP**
Stow your phone before starting the engine. Use Do Not Disturb / driving mode.
- 2 NO TEXTING — EVER**
Reading or sending a text at highway speed is like driving 100 yards blindfolded.
- 3 PULL OVER TO TAKE CALLS**
If a call is urgent, pull over safely, stop, then answer. Hands-free is not distraction-free.
- 4 SET GPS BEFORE YOU DRIVE**
Program your destination before departure. Never adjust navigation while moving.
- 5 AVOID EATING BEHIND THE WHEEL**
Eating, drinking and reaching for items take your hands and eyes off driving.

Before You Start — Quick Checklist

- | | |
|--|---|
| <input type="checkbox"/> Is your phone on Do Not Disturb / driving mode? | <input type="checkbox"/> Is your GPS destination set before departure? |
| <input type="checkbox"/> Are mirrors, seat and climate set before driving? | <input type="checkbox"/> Are loose items secured so nothing rolls or falls? |
| <input type="checkbox"/> Do you have food/drink handled before driving? | <input type="checkbox"/> Do you know the company distracted driving policy? |

Three Types of Distraction

Visual: Eyes off the road — looking at a phone, GPS, passenger, or something outside the vehicle.

Manual: Hands off the wheel — texting, eating, reaching for objects, adjusting controls.

Cognitive: Mind off driving — daydreaming, emotional conversations, work stress, fatigue.

Texting = All Three: Texting combines visual + manual + cognitive distraction — the most dangerous activity.

Hands-Free Myth: Hands-free calls still create cognitive distraction — your brain leaves the road even if your eyes don't.

Work Vehicles: Transportation incidents are the #1 cause of workplace fatalities — company policy must be enforced.

Common Mistakes That Kill

- ✗ "Just a quick glance" at a text — 5 seconds at 55 mph = 100 yards with no eyes on the road
- ✗ Assuming hands-free is safe — cognitive distraction still slows reaction time by 50%
- ✗ Eating or drinking while driving — spills cause sudden swerves and loss of control
- ✗ Programming GPS while moving — pull over, stop, then adjust your route

Safety Tips to Remember

- ✓ Phone goes in the glovebox or on Do Not Disturb before the engine starts
- ✓ If you must make a call, pull over completely — no shoulder driving
- ✓ Set everything before you drive — mirrors, GPS, music, climate
- ✓ Be the example — if a passenger is texting while you drive, ask them to navigate instead

Discussion Questions for Your Team

1. Have you ever caught yourself looking at your phone while driving? What happened?
2. Does our company have a written distracted driving policy?
3. What is your strategy for handling an urgent call while driving?
4. Have you ever been a passenger when the driver was distracted? How did it feel?
5. What can we do as a team to hold each other accountable on the road?

TOOLBOX TALK SIGN-OFF

Date: _____

Supervisor: _____

Project: _____

Location: _____

Attendance sheet attached: [] Yes