



DISTRACTED DRIVING

WHAT IS DISTRACTED DRIVING?

THE NATIONAL HIGHWAY TRANSPORTATION SAFETY ALLIANCE AND THE UNITED DEPARTMENT OF

TRANSPORTATION DEFINITION: Distracted driving is any activity that diverts attention from driving, including talking or texting on your phone, eating and drinking, talking to people in your vehicle, fiddling with the stereo, entertainment, or navigation system anything that takes your attention away from the task of safe driving.

AAA DEFINITION: Distracted driving is the act of operating a vehicle without your full attention focused on the physical mental and psychological demands of driving.

THE POINT IS THIS: Although, those are two different definitions they all get down to the point that distracted driving is not paying full attention to driving. Driving requires 100% of your attention there is no room for you to be distracted while driving.

DISTRACTED DRIVING IS DEADLY!

WHAT DISTRACTS DRIVERS? Remember distracted driving is deadly! Did you know the number one distraction is something outside their vehicles? Second to that- drivers get distracted by adjusting the radio or CD player. Other specific distractions include talking with other occupants, adjusting vehicle or climate controls, eating or drinking, cell phone use, and lastly- smoking. Which of these activities are you guilty of doing while you're driving? Many people assume the epidemic of distracted driving accidents are caused only by people using their cell phones but, there are many other things that distract drivers while they are on the road.

WHY IS IT DEADLY? The National Highway Traffic Safety Administration (NHTSA) [say the letters after words] estimates that approximately 25% of police reported crashes involve some form of driver inattention. The driver is distracted, asleep, fatigued or otherwise "lost in thought". University of North Carolina Highway Safety Research Center has this to say about distracted driving "each year an estimated 284,000 distracted drivers are involved in a serious crash." "Sending or reading a text message takes your eyes off the road for about 5 Seconds, this is long enough to cover a football field while driving at 55 miles per hour" - as reported by the Center for Disease Control.

THREE TYPES OF DISTRACTED DRIVING

VISUAL DISTRACTIONS: Visual distractions cause your eyes to wander off the road. For instance: Looking for items on the floor of the car, checking and adjusting your GPS, changing the radio station, or adjusting your temperature controls.

MANUAL DISTRACTIONS: Manual distractions such as eating and drinking, smoking, or turning knobs in your car can cause you to take one or both hands off the wheel.

COGNITIVE DISTRACTIONS: Cognitive distractions cause your mind's focus to drift away from your driving. Some examples of this are: thinking about something that is upsetting, road rage or being under the influence of drugs and/or alcohol.

CELLPHONES:

Temptation: people are tempted more now than ever to use their cell phones while they're on the road.

The Law: Commercial Drivers are prohibited from using cellphones while on the road.

Company cell phone policies: Practice your company's policy on cell phones use. Pull over off the road, where it is possible to do so safely. Avoid emotional, distracting, or complicated conversations even if you are using a hands-free device! Notify the person you are communicating with that you are driving. Let them know that you can call them back later if you're in heavy traffic or hazardous weather.

Causes of Distracted Driving: The following are all things that can cause distracted driving. Plan to avoid these common distractions: talking on the phone, texting, eating, overly loud music, driving while upset and pulling up directions. Remember this quick fact, "sending or reading a text message takes your eyes off the road for about 5 Seconds long enough to cover a football field while driving at 55 miles per hour."

Team Safe Trucking's mission is to reduce accidents through enhanced driver training and effective fleet management and to recruit new, safety-focused drivers to deliver a sustainable and profitable supply chain.



I TOOK THE SAFE DRIVER PLEDGE TO:



DISTRACTED DRIVING

TIPS TO AVOID DISTRACTED DRIVING

GENERAL TIPS: Keep both hands on the wheel, minimize distractions from passengers, avoid talking while driving, avoid taking your eyes off the road, check those mirrors frequently, think about a path of escape if there is a dangerous situation, and be especially careful around construction zones.

STAY CALM: Stay calm while driving, avoid being mad or upset when driving, don't respond to aggressive drivers. Anxiety and stress can be a big distraction, take deep breaths and keep your focus on the road. Avoid being a rubbernecker. Don't slow down just to look at a crash. Avoid staring at activities occurring on the side of the road or in other people's vehicles no matter how tempting! Remember to pull over if for whatever reason you can't seem to keep your focus.

AVOID FATIGUE: Avoiding fatigue is another way that you can prevent being distracted while you drive. Being fatigued while driving can lead to unsafe choices. Get enough sleep prior to every trip, avoid getting fixated on the road, wear sunglasses, if necessary, listen to the radio. Do whatever it takes to remain alert. Stop for rest and light exercise every 2 hours. Managers and supervisors make sure to give your driver's permission to stop if they become drowsy.

STAY FOCUSED: Just remember to stay focused and do all that you can to avoid distracted driving! Remember to minimize distractions, focus on driving and the road ahead! Make surer to get the rest that your body needs to avoid driver fatigue! You cannot be distracted if you are going to be able to act quickly to avoid another driver's mistake! Remember to check those mirrors all the time, to plan an escape route, and always be prepared for vehicles to stop!

QUIZ

How can you avoid fatigue?

- 1. Drink lots of caffeine 2. Eat a heavy meal, 3. Plan, and get plenty of rest 4. drive non-stop

What is Distracted Driving?

- 1. Any activity that diverts your attention away from driving 2. Texting on your phone 3. Eating or drinking 4. Talking to people in the car 5. Thinking about a fight you had with you kid

Why is Distracted Driving Deadly?

- 1. It causes 25% of police reported crashes 2. 284,000 distracted drivers are involved in serious crashes 3. Sending or reading a text message takes your eyes off the road for about 5 seconds long enough to cover a football field at 55 mph 4. All the above

What are the three types of distractions?

- 1. Auditory, multi-sensory and visual 2. Touching, seeing, hearing 3. Visual, manual, and cognitive 4. Texting, smoking, and drinking 5. None the above

What are some ways you can avoid distracted driving?

- 1. Keep both hands on the wheel 2. Avoid taking your eyes off the road 3. Checking your mirrors 4. Avoid being mad while you drive 5. Avoid rubber necking 6. Pull over if you are tired 7. None of the above 8. All the above

Name: _____

Date: _____

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