

Monthly Safety Meeting

Distracted Driving-The Dangers

Every DAY in the United States, 9 people die & 1,000 people are injured in crashes involving distracted driving.

FACT:

Driving *55 mph*, and you take your eyes off the road for *5 seconds*, you've traveled the length of a *football field*.

There are 3 types of distractions:

1. VISUAL
 - a. Anything that takes your EYES OFF of the road
 - i. Phone: GPS, Texts, music apps
 - ii. Passengers
 - iii. Rubbernecking
2. MANUAL
 - a. Anything that requires you to take your HANDS OFF the wheel
 - i. Reaching for something in the car
 - ii. Adjusting radio/music apps
 - iii. Eating and drinking
3. COGNITIVE
 - a. Anything that takes your FOCUS OFF your driving
 - i. Talking on the phone or to passengers
 - ii. Daydreaming

Distracted drivers are more likely than all other drivers to:

- Have a near collision
- Fail to stop at an intersection
- Exceed the speed limit

Why is texting so dangerous?

- It is all 3 types of distractions
 - Eyes are off the road
 - Hand is off the wheel holding the phone
 - Mind is off the road and on your phone

To prevent distracted driving and reduce the risk for an accident, do the following:

- Make adjustments before driving: controls, programming, music, mirrors
- Do not reach to pick up items including falling objects while driving
- Focus on the driving environment
- Don't use your cell phone or an electronic driving: calling, texting, GPS, email
- Pull over in a safe location to call, email, text or look for directions

When you are driving, you should be focused only on one task—driving.