

Location: \_\_\_\_\_ Instructor: \_\_\_\_\_ Date/Time: \_\_\_\_\_

## TOPIC C318: DISTRACTED DRIVING

**Introduction:** Distracted driving is defined as “any activity that could divert a person's attention away from the primary task of driving.”

All distractions endanger driver, passenger, and bystander safety. These types of distractions include:

- Texting
- Talking to passengers
- Using a navigation system
- Using a cell phone or smartphone
- Grooming
- Watching a video
- Eating and drinking
- Reading, including maps
- Adjusting music

The most dangerous and common one is talking or texting on a cell phone. Having one lets you call for help or you need to report an accident. However, driving in heavy traffic during rush hour or through construction zones while chatting or texting is an unnecessary hazard to yourself and other drivers

**Legislation:**

To address this hazard, the following laws have been enacted to reduce distracted driving:

- Talking on a hand-held cellphone while driving is banned in 14 states and the District of Columbia
- The use of all cellphones by novice drivers is restricted in 38 states and the District of Columbia
- Text messaging is banned for all drivers in 46 states and the District of Columbia
- Novice drivers are banned from texting in Missouri and Texas

**Effects of cell phone use while driving:**

- Texting someone while driving takes your eyes off the road for an average of five seconds, at 55 MPH you'll travel the length of a football field in that time
- You're driving performance while talking or texting on your phone is comparable to, or worse than, driving with a blood alcohol level of .08, which is the legal limit in most states
- In heavy traffic, cell phone users were about 20 percent slower to respond to road hazards
- Cell phone users are twice as likely to rear-end a braking car in front of them
- Cell phone users see about half of the visual information while driving that non-cell drivers see
- A recent report from NHTSA (National Highway Transportation Safety Administration) shows that you're 23 X more likely to be in an accident if you text while driving

**In order to stay a safe driver while using your cell phone, use common sense:**

- Pull off to the side of the road or into a parking lot to use your phone
- Use a “hands-free” set even if it's not required in your state
- If you have passengers in the vehicle with you, let someone else make the call
- If none of the above are possible and you must make a call, keep the conversation brief and hang up or simply drop the phone if you encounter a risky driving situation
- Don't dial the phone or text while in traffic, wait for a stop or pull safely off the road
- Don't use the cell phone for social visiting or other unnecessary tasks that can be done at a safer time and location and doesn't endanger the lives of you or others

**Conclusion:** Take a Cell Phone Safety Pledge with others if you have no laws to protect you. Put the phone down! DO NOT use the phone while driving.

**Employee Attendance:**(Names or signatures of personnel who are attending this meeting)

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These guidelines do not supersede local, state or federal regulations, and must not be construed as a substitute for, or legal interpretation of, any OSHA regulations.