



DISTRACTED DRIVING

Transportation related accidents are consistently the leading causes of on-the-job fatalities in Texas. Distractions take your focus off of driving. They also increase your risk of having a tragic accident. There are three main types of driving distractions:

Visual - Taking your eyes off the road

Manual - Taking your hands off the wheel

Cognitive - Taking your mind off what you are doing

Driving Distractions:

- Text messaging
- Dialing or talking on a cell phone
- Eating, drinking or smoking
- Picking up a fallen object
- Shaving or putting on makeup
- Talking to passengers
- Using your laptop or tablet

Discussion questions:

1. What other distractions can you list?
2. Do your emotions affect your concentration on driving?
3. Can fatigue distract you? How?

Meeting note:

Employee comments/concerns: _____

Other safety issues to be addressed on the job/facility: _____

Training record:

Date: _____ Jobsite/Facility: _____
 Trainer: _____ Title: _____

Employee name (print)	/(signature)	Employee name (print)	/(signature)
_____	/	_____	/
_____	/	_____	/
_____	/	_____	/
_____	/	_____	/
_____	/	_____	/

(Continue recording signatures on a separate sheet of paper)
 Employee Quiz is provided on last page. Answers are: 1 (a), 2. (d), 3. (b), 4. (a), 5. (d)
 Toolbox Talks safety information is provided by Texas Mutual Insurance Company.



DISTRACTED DRIVER

Help end the epidemic of distracted driving:

- Declare all vehicles “text-free zones”
- Turn cell phones off, or put them on silent or vibrate before starting the car
- Pull over safely to the side of the road or another safe location if you need to use your cell phone
- Consider modifying voice mail greetings to tell callers you are unavailable to answer calls or return messages while driving
- Inform clients and business associates of this policy as an explanation of why calls may not be returned immediately



Employee Quiz

Topic: Distracted Driver

Employee Name: _____

Circle the correct answer below.

- | | |
|--|--|
| <p>1. Declaring all vehicles "text-free zones" can help end the epidemic of distracted drivers.</p> <ul style="list-style-type: none">a. Trueb. False <p>2. What are the three main types of driving distractions:</p> <ul style="list-style-type: none">a. Taking your hands off the wheelb. Taking your mind off what you are doingc. Taking your eyes off the roadd. All of the above | <p>3. Eating, drinking or smoking is not a driving distraction.</p> <ul style="list-style-type: none">a. Trueb. False <p>4. When using a cell phone you should:</p> <ul style="list-style-type: none">a. Pull over safely to the side of the roadb. Only answer emergency phone callsc. Answer all phone callsd. None of the above <p>5. Which of the following is/are considered driving distractions:</p> <ul style="list-style-type: none">a. Talking to passengersb. Dialing or talking on a cell phonec. Text messagingd. All of the above |
|--|--|

Training record: Date: _____ Jobsite/Facility: _____

Trainer: _____ Title: _____