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TAKE5—*Distracted Driving*

Five Minute Safety Talks

There are many activities that can distract a person while driving. These activities may include texting, reading texts or emails, eating, or talking on the phone. Studies show that drivers who send or receive text messages focus their attention away from the road for an average of 4.6 seconds. At 55 miles per hour, this is the equivalent of driving the length of a football field blindfolded. Consider ways to eliminate distractions when driving during work and personal time. Consider these helpful tips:



- Establish a policy that does not permit texting, emailing, or even eating while driving on company time. The Federal Motor Carrier Safety Administration does not allow texting while driving a commercial motor vehicle.
- Store loose gear, equipment or other distractions so that you do not feel tempted to reach for them on the floor or seat.
- Make adjustments to the vehicle prior to driving. This may include inputting the destination into the GPS, adjusting seats, mirrors, or climate controls and the sound system prior to hitting the road.
- Finish eating, dressing and personal grooming prior to travel.
- If an activity demands your attention, pull off to the side of the road or nearby parking lot and park in safe area.
- If possible, power down phones prior to travel.

Make a conscious effort to focus on the road. The texts, emails, and phone conversations can usually wait until the destination is reached. Most electronic communications do not require immediate response.

*For more information on our Ag Industry specific training,
contact us at 844-8SAFETY or www.safetymadesimple.com*

Date Presented: _____

Name of Presenter: _____

Acknowledgement:

Employee Signature

Employee Signature

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Group Discussion Notes/Comments:
