

## Distracted Driving

Distracted driving occurs any time you take your eyes off the road, hands off the wheel and mind off your primary task: driving safely. Any non-driving activity you engage in is a potential distraction and increases your risk of being involved in a motor vehicle crash.

### Types of distractions

#### **Visual:** Eyes off the road

- Reading a text message
- Looking up directions
- “Rubbernecking” at a crash site

#### **Cognitive:** Mind off driving

- Talking on the phone
- Arguing with a passenger
- Thinking about your next appointment

#### **Manual:** Hands off the wheel

- Reaching for things inside the vehicle
- Using a hand-held device
- Adjusting the radio
- Eating or drinking
- Applying makeup



Talking and texting on a phone are driving distractions. Texting while driving is especially dangerous because it combines all three types of distractions. Research shows that hands-free phones are as distracting as hand-held phones. Your brain has limited ability to perform two tasks at the same time. When driving becomes secondary, you pay less attention to possible dangers on the road.

Date of Safety Talk \_\_\_\_\_

Company \_\_\_\_\_

Talk given by \_\_\_\_\_

Signature \_\_\_\_\_

**Attending Employees:**

_____	_____
_____	_____
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**Notes:**

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