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**Tool Box Safety Talk # 14 Week Starting 03-31-2024.**

**Topic: Distracted Driving and Distracted Equipment Operation**

Distracted driving or equipment operation is any time you take your eyes off the road/job, your hands off the wheel or controls and your mind off your primary task of driving or operating safely. Distractions increase the risk of an accident occurring.

All distractions may endanger the driver/operator, fellow workers, passengers, or bystanders. Texting is the most serious because it involves all three main types of distraction. Sending or reading a text takes your eyes and mind off your task for 4.6 seconds. At 55 MPH, that’s like driving the length of a football field blindfolded.

There are **three main types of distractions**:

**Visual** - taking your eyes off the road

**Manual** - taking your hands off the wheel

**Cognitive** - taking your mind off what you are doing

Other distracting activities include:

* Using a cell phone
* Eating and drinking
* Talking to passengers
* Grooming
* Reading, including maps
* Using a PDA or navigation system
* Watching a video
* Changing the radio station, CD, or Mp3 player.
* Daydreaming or dealing with strong emotions

**Research**

* Using a cell phone while driving, whether it is hand-held or hands-free, delays a driver’s reactions as much as having a blood alcohol concentration at the legal limit of .08 %.
* Driving while using a cell phone reduces the amount of brain activity associated with driving by 37 %.
* 80 % of all crashes and 65 % of near crashes involve some type of distraction.
* The worst offenders are the youngest and least-experienced drivers: men and women under 20 years of age.
* Drivers who use hand-held devices are four times as likely to get into serious crashes.
* Distracted driving accounts for approximately25%of all motor vehicle crash fatalities.
* Each day in the United States, approximately 9 people are killed and more than 1,000 are injured in crashes that are reported to involve a distracted driver.

Safety Recommendations: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Job Specific Topics: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

S.D.S Reviewed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**TRAINING ROSTER**

COMPANY: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ JOBSITE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## SUPERVISOR: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DATE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**# 14 Distracted Driving and Equipment Operation 03-31-2024.**

**ADDITIONAL TOPICS COVERED: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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