Distracted driving accounts for nearly 1 in 5 accidents, according to the Centers for Disease
Control and Prevention.

The Three Types of Distracted Driving Are:
Visual – taking your eyes off the road
Manual – taking your hands off the wheel
Cognitive – taking your mind off what you’re doing

Typical driving distractions include phone use, texting, eating, drinking, grooming, fiddling with a
navigation system, changing a music device, watching a video or daydreaming.

Distracted drivers are involved in accidents every 24 seconds, according to the U.S. Department of
Transportation. Vehicle crashes are the leading cause of occupational fatalities in the United States.

Workers Who Drive Should Follow These Tips:
• Always wear a seat belt
• Be aware of local regulations regarding mobile phone use.
• Don’t engage in any activity that requires you to take your eyes off the road, your mind off
driving or your hands off the steering wheel.
• Do not place or receive mobile phone calls while driving.
• Pull off the road to place or take a call.
• Allow a fellow passenger to handle an incoming call, if you can’t pull over.
• Let an incoming phone call go to voicemail.
• Never text while driving.

Reality Check: Cell Phone Use While Driving
In 2016, 3,450 people were killed in distracted driving crashes, the National Highway Traffic Safety
Administration (NHTSA) reported. According to National Safety Council and Distraction.gov statistics:
• Drivers talking on mobile or hands-free cell phones are 4 times as likely to be involved in a car
  crash.
• Driving and talking on the phone are cognitive tasks, which forces the brain to switch between
  the two to process information.
• Drivers on mobile phones can miss seeing up to 50% of their driving environments, including
  pedestrians and red lights. This is called inattention blindness.
• At any given time during the day, more than 669,000 drivers are using a hand-held cell phone
  or electronic device.

Never Text While Driving
Drivers who text take their eyes off the road for an average 4.6 seconds. According to Distraction.gov, if the
texting motorist was driving 55 miles an hour, that would be like driving blindfolded for the complete length of
a football field.
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Date of Training: _____________________________________________________
Manager Who Provided Training: _______________________________________

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