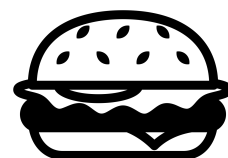
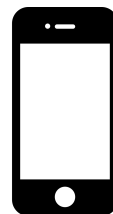


HEALTH IMPACTS SAFETY



NO!



- You are 3x – 23x more likely to crash while driving distracted.
- Nearly 80% of crashes and 65% of near crashes involve distracted driving.
- Excessive speed is the leading cause in nearly 31% of fatal crashes.

Safety Meeting Guide

TWH10: Distracted driving / safe driving.

<http://ow.ly/iHa00>

INSTRUCTIONS: Hold the guide with this side facing you and the other side facing your committee. Then share the information on this page.

Today's safety committee meeting is about the more than 9 people killed and more than 1,153 people injured every day in crashes that involve distracted driving. There are three main types of distraction: **Visual**: taking your eyes off the road; **Manual**: taking your hands off the wheel; and **Cognitive**: taking your mind off of driving.

Distracted driving activities include things like texting; using a cell phone or smartphone; eating and drinking; grooming; reading (including maps); using a navigation system; and adjusting a radio, CD player, or MP3 player.



So here are ways we can address and prevent distracted driving.

- Keep your eyes on the road at all times and scan for hazards.
- Always keep both hands on the wheel, preferably at the 3 and 9 or 4 and 8 o'clock positions.
- Turn off electronic devices or put them in the back seat where they're out of reach
- Set navigation, radio, hands-free phone and other devices before starting your trip.
- Pull over in a safe place prior to use of a cell phone.
- Conversation with passengers should be kept to a minimum.
- Avoid extraneous activities while driving, such as eating, grooming and map reading.
- Be a defensive driver (e.g. maintain a safe following distance from other vehicles, etc.)

ASK: "Does anyone have more ideas or comments to share?"
Pause for discussion. Then see if there are ways to take action.

END WITH ACTION PLAN (ideas for what to ask or say).

- Do you have ideas about things we can do to reduce driver distraction?
- What are the laws governing cell phone use for drivers in our state?
- What motivates you to avoid distractive activities while driving?
- In what ways do you practice defensive driving?