2025-04-14 TBT Distracted Driving

2025-04-14 TBT: Distracted Driving

Distracted driving is any activity that diverts a driver's attention from the primary task of driving, potentially leading to accidents and injuries. There are three main types of distractions: visual (taking your eyes off the road), manual (taking your hands off the wheel), and cognitive (taking your mind off driving).

Types of Distracted Driving:

- **Visual Distractions:**

  These involve looking away from the road, such as checking a phone, adjusting a navigation system, or talking to passengers.

- **Manual Distractions:**

  These involve taking your hands off the wheel, such as eating, drinking, or reaching for an object in the car.

- **Cognitive Distractions:**

  These involve taking your mind off driving, such as talking on the phone, daydreaming, or being lost in thought.

Common Examples of Distracted Driving:

- **Using cell phones:** Texting, calling, browsing, or using apps.
- **Eating or drinking while driving**.
- **Adjusting the radio or navigation system**.

- **Talking to passengers or other people in the car**.
- **Applying makeup or grooming**.
- **Fiddling with controls or displays in the vehicle**.
- **Looking at external distractions like signs or roadside features**.
- **Daydreaming or being lost in thought**.

Why is Distracted Driving Dangerous?

- **Reduced Reaction Time:**

  Distractions slow down a driver's reaction time, making it harder to respond to unexpected situations.

- **Impaired Decision-Making:**

  Distractions can make it harder for drivers to make quick and accurate decisions.

- **Increased Risk of Accidents:**

  Distracted driving significantly increases the risk of collisions and injuries.

Consequences of Distracted Driving:

- **Accidents and Injuries:** Distracted driving is a major cause of traffic accidents and injuries.
- **Legal Penalties:** Many states have laws against distracted driving, and violating these laws can lead to fines, points on your license, and other penalties.
- **Insurance Rate Increases:** Distracted driving accidents can lead to higher insurance premiums.

Tips for Preventing Distracted Driving:

- **Put away your phone and other devices:** Avoid using them while driving.
- **Focus on the road and driving:** Don't let anything distract you.
- **Pull over if you need to attend to something:** If you need to use your phone, eat, or do something else, stop the car in a safe place first.
- **Talk to passengers about the dangers of distracted driving:** Remind them to avoid being distracted while in the car.

By Clicking "Mark as Read" - you are acknowledging you have read this entire (opened appropriate attachments) Toolbox Talk and understand this is company policy and will abide by regulations outlined in this safety policy. Please complete your acknowledgement within 24 hours of release. If you receive this notice, you are REQUIRED to read this content.

Revision #4
Created 2025-04-11 19:21:47 UTC by Dale Bergman
Updated 2025-04-18 13:32:46 UTC by Blain Schumacher