

# ***SAFETY BULLETIN – Distracted Driving***

**Distracted Driving** is a major driving safety concern. Did you know?

- The most dangerous part of an employee's day is the drive to and from work!
- Driver distraction is a leading factor in crashes in Minnesota, accounting for at least 25 percent of all crashes annually.
- In 2008, it became illegal in Minnesota for drivers to read or compose texts/e-mails and access the Web on wireless devices while the vehicle is in motion.
- Using a cell phone behind the wheel reduces the amount of brain activity associated with driving by 37 percent. Hang up and drive.
- When driving just one mile you make approximately 200 decisions! Keep your eyes on the road and your hands on the wheel.

## **What is distracted driving?**

Distractions occur when a driver's attention is diverted by a secondary task that required focusing on an object, event or person not related to the driving task. Anything that takes your eyes off the road, your hands off the wheel or your mind off your driving can be a big problem. In fact, studies prove that your brain cannot give full attention to more than one thing at a time. Driving distractions include:

- ❖ Cell phone and other mobile device use
- ❖ Radios and CD players (including loud music)
- ❖ Adjusting vehicle controls
- ❖ Passengers
- ❖ Programming GPS systems
- ❖ Eating
- ❖ Smoking
- ❖ Reading
- ❖ Personal grooming
- ❖ Daydreaming
- ❖ Sleepiness or fatigue



## **What is the Solution?**

- ✓ Secure everyone and everything that could be a distraction
- ✓ Don't wait until you are driving to plan your route
- ✓ Preset the climate control, radio and CD player
- ✓ Pull over where it's safe and legal if a passenger is distracting you
- ✓ Pull over where it's safe and legal to make calls
- ✓ Postpone complex or emotional conversations on the phone or with passengers until you arrive at your destination
- ✓ Take a break when you're hungry or thirsty
- ✓ Put away distracting material (newspaper, book, reports etc.) that may tempt you
- ✓ Turn off your phone
- ✓ Be a good role model. Kids are watching and learning from you!

Remember, driving is a complex task that requires the attention and concentration of each and every driver. Avoid distractions; keep your hands on the wheel and your head focused on the task of driving safely.