



Avoid the risk of driver distractions...

It's No Joke! Stay Focused!

Driver distraction is the diversion of attention from activities critical for safe driving to a competing activity. Driver distraction increases your risk of getting into a crash. Studies found that 71% of large-truck crashes occurred when the truck driver was doing something besides driving the truck.

Below are some tips that will help you stay focused on the road ahead... Staying focused on driving can help keep you, and other road users, safe!

TIP #1: Do Not Let Objects Outside of Your Truck Distract You

When driving, stay focused on the job of driving your truck. You should avoid focusing on things outside of your truck that aren't related to driving like billboards, people or scenery.

TIP #2: Do Not Text or Dial a Handheld Phone While Driving

Texting while driving is **illegal** for CMV drivers. Texting is an easy way to keep in touch with people. Yet, texting can also be one of the most dangerous distractions in your truck. This takes your eyes off the road. Handheld cell phones involve multiple types of distractions and holding a cell phone while driving is **illegal** for CMV drivers. Handheld phones take your eyes and hands away from driving.

TIP #3: Do Not Use a Dispatching Device While Driving

Dispatching devices let you and your dispatchers communicate, can help you navigate, and can help keep your logs, if needed. These devices are sometimes called mobile or portable data terminals and can help make your job easier. Although a message on the dispatching device might seem urgent, using a dispatching device while driving can be dangerous.

TIP #5: Do Not Read, Write, or Use Paper Maps While Driving

Printed directions, notes to yourself, and maps are a normal part of your job. However, reading or writing while you are driving is a much bigger risk than you might think. Reading a map while driving increases your risk of being in a crash. This is because both reading and writing take your eyes off the road ahead of you. Pulling over and setting the brake is the safest thing to do.

TIP #6: Avoid Eating and Drinking When Driving

Sometimes you may feel like driving is the only time you have to eat or drink. But you may not realize that eating while driving can be dangerous. Eating while driving can take your eyes off the road. It always takes at least one of your hands off the wheel. Always try to eat or drink before getting behind the wheel, leave time to pull over to eat.



Sponsored by:
SWPA SAFETY COMMITTEE &



Toolbox Talks are provided as a courtesy to SWPA members.
Please remember they are to assist you in developing a safety plan.
Keep in mind OSHA, Department of Labor and Insurance requirements
may change over time and it is your responsibility to make sure your safety
plan is up to date. Reference: OSHA, NIOSH, FRA

SAFETY MEETING SIGN-IN SHEET

TOPIC: _____ DATE: _____

LOCATION: _____ TRAINER: _____

[illegible]