

* Training (10 min) Distracted vs. Safe Driving

Distracted Driving

- What are some distractions while driving?
 - Cell phones/handheld devices
 - Putting on make-up
 - Zoning out from being overly exhausted
 - Handling children or pets
 - Eating in the vehicle
- What are some ways to avoid distractions while driving?
 - Use cellphone for emergency situations only
 - Do your multi-tasking outside of the car
 - If you are drowsy, pull off the road
 - Pull over in a safe area to handle children or pets
 - Avoid eating while driving
- Do hands-free phones prevent distraction?
 - Studies show that using hands-free still keeps your mind distracted from the task of driving.
- National Safety Council suggests cell phone use while driving leads to 1.6 million crashes each year.
- Cell phone use:
 - When driving a vehicle that requires a **CDL**
 - Pull over to answer if there is an emergency
 - Wait to call back when at your destination
 - When driving your **personal** vehicle
 - Cell phone usage is not recommended
 - Use a hands-free device if unavoidable
- Effective July 1, 2017 **Iowa's distracted driving law** became a primary law. This means a law enforcement officer can stop any driver who is texting (reading, writing, or sending) or using any other portable electronic device, unless the motor vehicle is at a complete stop and off the traveled portion of the roadway.
- Cell phone stats:
 - Distraction from cell phone use while driving (handheld or hands-free) extends a driver's reaction as much as having a blood alcohol concentration at the legal limit of **.08 percent**. (University of Utah)
 - Drivers that use cell phones are **four times** as likely to get into crashes serious enough to injure themselves.
 - Driving while distracted is a factor in **25 percent** of police reported crashes.
 - Driving while using a cell phone reduces the amount of brain activity associated with driving by **37 percent**.

Safe Driving Guidelines

- **Do not tailgate** – Follow **3-second rule** for following distance. Use 6-second rule in poor weather conditions:

- **3-second rule:** When driver in front of you passes a fixed object, it should take you three seconds to get to that object.
- Remember to use turn signals to prevent rear collisions
- Do not impede the flow of traffic, follow speed limits
- Use hazard lights if driving slowly for any reason (accident, weather, etc.)
- Drive **proactively** rather than reactively. Think about potential problems before they happen. (Example: You see a driver at an upcoming intersection talking on the phone. Have your foot off of the gas, be ready to hit the brakes, and have your hand on the horn if they were to pull out in front of you.
- Set an example for those around you. Remember to follow onsite speed limits at work.
- Backing your vehicle
 - Backing is the most common type of accident in our industry.
 - Backing contributes to 25 percent of all traffic accidents.
 - What can you do to avoid the dangers of backing?

G.O.A.L. – Get Out And Look before backing