



## Distracted Driving

### Introduction:

Driving is one of the most dangerous tasks that a person will perform and is a leading cause of workplace injuries and deaths.

Distracted driving is one of the leading causes of traffic accidents. The Department of Transportation has reported 11,344 deaths and nearly 1,000,000 injuries that have been attributed to some form of distracted driving for the years 2008 and 2009. The Bureau of Labor Statistics reported that 35% of occupational fatalities between 2003 and 2009 were the result of motor vehicle accidents.

### Types of Distractions:

- **Visual** – Anything that removes your eyes from the roadway.
- **Manual** – Anything that removes the driver's hands from the steering wheel or feet from the pedals.
- **Cognitive** – Any distraction that causes driver to lose mental focus while operating a vehicle.

Anytime the driver is visually, manually, or cognitively distracted, he/she is more likely to be involved in an accident. All distractions fall into one of the categories listed above, but most distractions fall into more than one category. For example texting while driving can fall into all three categories.

While all distractions can endanger driver and passenger, **texting** and the **use of electronic media** are the fastest growing contributors to vehicle accidents and roadway deaths.

The use of electronic media (handheld or hands free) can delay the driver's reaction time as much as having a blood alcohol concentration of .08, which is legally intoxicated.

### **Common Distractions include:**

- **Texting**
- **Use of electronic media (i.e. cell phones, company radios, iPads, PDAs, Internet Research and computers, etc.)**
- GPS
- Eating & Drinking
- Social Networking
- Watching Videos
- Music Search
- Reading (Books/Maps)
- Grooming

### **Employers should:**

- Prohibit texting while driving.
- Establish work procedures and rules that do not make it necessary for workers to text while driving to perform their duties.
- Set up clear procedures, times, and places for drivers' safe use of texting and other technologies for communicating with managers, customers, and others.

### **Drivers should:**

- Avoid distractions while driving.
- Be sure to follow local, state and federal regulations on the use of cell phones and other electronic devices while driving.
- Know your route to and from the jobsite.
- Pull the vehicle over to a safe location to refer to a map, program a GPS, or make a phone call or send a text.

## Test Questions for Distracted Driving

1. Distracted driving attributed to 11,344 deaths in 2008–2009.  
True  
False
2. The 3 categories of distractions are Visual, Manual, and Cognitive.  
True  
False
3. Eating while driving is not considered as a form of distraction.  
True  
False
4. Texting and the use of electronic media is the fastest growing contributor to vehicle accidents and roadway deaths.  
True  
False

Answers: 1- T; 2- T; 3- F; 4-T

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