

SAFETY TOOLBOX



MONTHLY SAFETY AWARENESS DISCUSSION GUIDE

Driver Safety

Introductory Comments

Motor vehicle crashes are a public health concern both in the United States and abroad. In the United States, motor vehicle crashes are a leading cause of death, and kill over 100 people every day. However, motor vehicle crash injuries and deaths are preventable. There are proven strategies that can help prevent these injuries and deaths. Whether you are a driver, passenger, cyclist, or pedestrian, you can take steps to stay safe on the road. ([cdc.gov](https://www.cdc.gov))

Instructions:

Use this Safety Toolbox Talk to spark discussion within the employee group. Test knowledge retention with the associated quiz.

41,000

In 2020, almost 41,000 people died in motor vehicle crashes in the United States. That is more than 110 people killed in crashes every day.

2.1 Million

There were over 2.1 million emergency department visits for injuries from motor vehicle crashes in 2020.

\$430 Billion

Deaths from crashes in 2020 resulted in over \$430 billion in total costs—including medical costs and cost estimates for lives lost.

([cdc.gov](https://www.cdc.gov))

Meeting Starter Questions

- What is distracted driving?
- What types of distractions are there?
- What can I do to be safe?

Critical Safety Points

When you're behind the wheel, you must coordinate the actions of your hands, feet, eyes, ears, and body movements. At the same time, you must decide how to react to what you see, hear, and feel in relation to other cars and drivers, traffic signs and signals, conditions of the highway, and the performance of your car. These decisions are typically made close to other vehicles and must be converted quickly into action—brake, steer, accelerate, or a combination of all—to maintain or adjust your position in traffic. Would adding non-driving tasks to this feat be a smart idea? ([trafficsafety.org](https://www.trafficsafety.org))

Distracted Driving



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Anything that takes your attention away from driving can be a distraction. Sending a text message, talking on a cell phone, using a navigation system, and eating while driving are a few examples of distracted driving. Any of these distractions can endanger you, your passengers, and others on the road. ([cdc.gov](https://www.cdc.gov))

Types of Distractions:



Visual: taking your eyes off the road

- Reading a text message
- Looking up directions
- “Rubbernecking” to see road incidents (i.e., craning one’s neck to get a better view)

Manual: taking your hands off the wheel

- Reaching for things inside the vehicle
- Using a handheld device
- Adjusting the radio
- Eating or drinking
- Applying makeup

Cognitive: mind off the road

- Talking on the phone
- Arguing with a passenger
- Thinking about your next appointment

([NSC.org](https://www.nsc.org))



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Safety Points

What can drivers do?

- Do not multitask while driving. Whether it's adjusting your mirrors, selecting music, eating, making a phone call, or reading a text or email—do it before or after your trip, not during.
- You can use apps to help you avoid cell phone use while driving. Consider trying an app to reduce distractions while driving.

What can passengers do?

- Speak up if you are a passenger in a car with a distracted driver. Ask the driver to focus on driving.
- Reduce distractions for the driver by assisting with navigation or other tasks.

What can we all do?

- **Always use a seat belt on every trip**, no matter how short and no matter if you are in the front seat or back seat of a vehicle.
- **DO NOT DRIVE WHILE IMPAIRED** by alcohol and/or any substance that can impair your ability to drive—including marijuana, other illicit drugs, prescription medications, or over-the-counter medications. Also, do not ride with a driver who is impaired by alcohol and/or any substances.
- **Obey speed limits**. Speeding is a leading risk factor for crashes, and high speeds increase the likelihood of severe injury or death when a crash occurs.
- **Be alert when driving**, crossing the street, or working in the the pathway of traffic.



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MONTHLY SAFETY AWARENESS EMPLOYEE QUIZ

Employee Name:	Signature:
Division:	Date:
Instructor:	Score:

Driver Safety

Question 1: Any non-driving activity you engage in is a potential distraction.

☐ TRUE ☐ FALSE

Question 2: It is ok to use the phone while driving, if hands-free.

☐ TRUE ☐ FALSE

Question 3: There are 3 main types of distractions.

☐ TRUE ☐ FALSE

Question 4: Eating or drinking is a okay when in slow-moving traffic.

☐ TRUE ☐ FALSE

Question 5: Using a handheld device is a cognitive distraction.

☐ TRUE ☐ FALSE

Quiz Answer Key:

1. True
2. False
3. True
4. False
5. False

