

KEYWORDS: DRIVING; PHONE; DISTRACTION

10-15 MINUTES

# Topic: Mobile Devices While Driving



## IDEAS FOR YOUR TALK:

- People remember facts better when they're interactive and visual.
- YouTube is another good source of information and offers many safety videos and demonstrations. Select only videos that are high-quality.

## EXPLAIN DANGERS:

In some states, distracted driving is the number-one killer on roads. It is responsible for more deaths than impaired driving or speeding.

Distracted driving can be caused by using a mobile device while you're behind the wheel.

Most of us drive to and from work with our mobile devices within arm's reach. Whether it's a personal or work-related call or text, it can be difficult to resist the urge to answer or take a look.

However, each time you read a text or an email, you're taking your eyes off of the road for at least four seconds.

Studies have shown that drivers who take their eyes off the road for more than two seconds are twice as likely to have a crash

## DEMONSTRATE:

Show workers how to download a car mode app or activate the "Do Not Disturb While Driving" feature on their phones.

## 1. SUGGESTED ENGAGEMENT QUESTIONS:

- Who was on the phone to get here ?
- What is the main risk involved in using your phone while driving ?
- Has anyone heard of an incident or accident caused by distraction ?

## 2. TALKING POINTS:

### USE HANDS-FREE DEVICES

- It's against the law to use hand-held communication and entertainment devices while driving. Although hands-free devices are permitted, you're not allowed to manually dial a phone, scroll through contacts, or program your GPS.
- Resist the urge to look at or answer emails or text messages until you've finished driving. Let all phone calls go directly to your voicemail. If you must send a reply or make a call, pull over to a safe spot off the road.

### SET UP YOUR DEVICES

- Before travelling, map out your route or destination first and put your travel information into your GPS.
- Make sure your phone has caller ID and/or voicemail. If the phone rings, don't answer it unless you pull over to a safe spot. Or let a passenger answer the call.

### SET A GOOD EXAMPLE

- If you know that a worker is driving, do not call them on the phone or try to contact them on any other wireless device.
- If you're not sure if they're driving and the matter is urgent, place the call but ask them immediately whether they're driving. If they are, ask them to call you back after they pull over.
- If you receive a call from a worker who you suspect is on their cell phone or other wireless device, ask them if they're driving. If they are, suggest that they pull over and call you back.

## 3. CLOSING QUESTIONS:

- Do you know some Apps including some "Do Not disturb While Driving" feature ?
- Do you have questions on this subject, inspection or safe use?
- Are you aware of a risk on this jobsite that shouldn't be?



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