

# Safety Director's Notebook

The Safety Professionals

920-338-2302

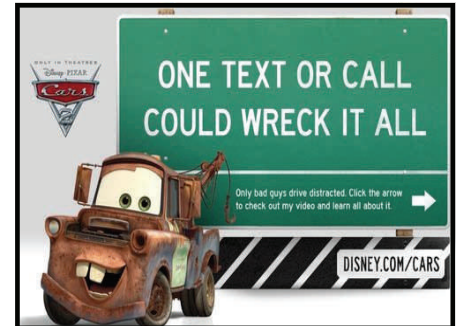
3333 Commodity Lane  
Green Bay, WI 54304

## DON'T DRIVE DISTRACTED

1. Do you know someone who has been injured or killed due to distracted driving?
2. Do you or someone with whom you ride drive distracted?
3. Have you changed your driving behavior yet or helped someone change theirs to be more safe if you answered "YES" to question #2?

### The Increased Likelihood of Being Involved in a Critical Safety Event Doing the Following:

- ⇒ **Texting** while driving - **23 times** more likely
- ⇒ **Dialing** a phone - **6 times** more likely
- ⇒ **Reaching** for an object - **3 times** more likely



## PREVENTION

At 60 MPH a vehicle travels the length of a football field in 3.4 seconds during which time the driving situation can change dramatically. Reaction time to avoid an accident is delayed when distracted.

### The following are ways to keep distractions from affecting your driving:

1. If your phone rings or you need to make a phone call, pull off the road before using your phone.
2. Allow enough time on your trip to stop for a bite to eat.
3. Adjust radio, CD's or other controls in your vehicle during stops or breaks.
4. Smoke during your rest periods or when you have stopped for a break.
5. Pull over to read a map or look for something in your vehicle.
6. If someone else is in your vehicle, do not let them distract you while driving.
7. Looking at the scenery is very tempting, but make sure that it does not distract you during heavy traffic or when you need to keep your eyes focused on your driving.

**DISTRACTIONS CAN CAUSE DESTRUCTION**