

# SAFETY TALK

Environmental Health and Safety Newsletter

April 2024

## Distracted Driving Awareness Month

Did you know that texting while driving is one of the most dangerous things you can do behind the wheel? In fact, you are six times more likely to crash while texting than you are while driving drunk. Now, this isn't an endorsement for drunk driving, rather a warning that distracted driving can be just as dangerous.

**Now that it's abundantly clear just how dangerous texting while driving can be, let's focus on how can you avoid it.**

1. Put your cell phone away while in the car.  
The easiest way to not be on your phone is to not have it on you at all.
2. Put your phone on airplane mode or do not disturb mode while driving.  
Of course, not having your phone at all can be a tough ask. What if an emergency pops up, or what if you need your phone for your work? Putting your phone on airplane mode or do not disturb limits the amount of notifications you get, reducing the chances of you getting distracted.
3. Pull over to respond to a text or answer the phone  
If you are driving and you simply can't wait to respond to a text or answer the phone, pull over.
4. Urge the people around you to put their phone away  
We know you don't want to nag your coworkers, but remember: You're at risk when they are distracted by their phones. If you see someone on their phone, don't be afraid to ask them to put it away. Doing so is doing your part to take ownership of safety.
5. Avoid other drivers who are on their phone  
If you are driving, try to maintain a safe distance from any driver you believe is distracted. This will lower the chances of an accident.

### Distracted driving is dangerous driving

Of course, the best option for avoiding distracted driving is not having your phone on you altogether. However, in this day and age, that can be a next-to-impossible task. That's why we recommend these safety measures to help lower your risk, keeping you and the people around you safer.

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| Supervisor Signature:                              |           |
| Employee Participants:<br>**Please Print Clearly** | Signature |
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