

DRIVE SAFE: NO TEXTING

Whether you are driving a personal car or truck or a fleet vehicle, a forklift in the warehouse, a riding lawn mower, or you are a long-haul trucker... if you are behind the wheel, driving any vehicle requires your full attention.

- Texting while driving or doing any task on a cell phone that takes your eyes off the road, has the potential to be deadly.



Hands-Free is not Risk-Free. Drivers looking out the windshield can miss seeing up to 50% of what's around them when using the hands-free functionality with their cell phone.

If you are driving 55 mph and you take your eyes off the road for just five seconds, you will have traveled almost 100 yards (the length of a football field!) without watching what was going on around you.

- On the job there are enough things to be aware of including equipment, materials, and other employees. Ensure both hands are on the steering wheel and your mobile device is out of reach. Always stay fully aware of your surroundings.
- Make all calls or texts before you begin your drive. For longer drives, inform your co-workers, family, and friends that you will be driving and that you will not text and drive. Check your emails, text messages and voicemails the next time you stop for gas or when you get to your destination.
- Texting can wait! Use automatic responses to alert those that may be texting you that you are driving.
- If you must keep your device in sight, use a mobile device holder. Keep the device around eye level and in a stationary position to avoid it from sliding around.
- If you must use your device for texting, pull your vehicle over in a safe location to text your message and complete your communications.
- Texting while driving can be deadly and it's not worth the risk!

Discussion

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What do you do to ensure you aren't distracted by your cell phone while driving?

Besides texting, what are other driving distractions that can be dangerous?