



H S E

HEALTH SAFETY ENVIRONMENTAL



Alert #: SA 18-24

Date: July 1st, 2024

Distracted Driving

Driving, whether it be work-related or personal reasons, is one of the most important things to practice safety and attentiveness for. Some of the smallest mistakes can lead to unwanted incidents or even severe injuries. Thus, it is important to not only understand the different kinds of distractions while driving, but also to understand how to prevent distractions.

TYPES OF DRIVING DISTRACTIONS

- **Visual Distractions**: Things that take your eyes away from the road (e.g., changing radio stations, checking a GPS device, looking at scenery looking at passengers, etc.).
- **Physical Distractions**: Things that take your hands off of the wheel (e.g., reaching for food/drinks, grooming/applying makeup, adjusting clothing, adjusting mirrors, etc.).
- **Mental Distractions**: Things that take your hands off of the wheel (e.g., Daydreaming, holding conversations, experiencing stress/anxiety, listening to audiobooks, etc.).

STEPS TO PREVENT DISTRACTED DRIVING

- Adjust all vehicle controls (e.g., radio, air conditioning, mirrors, and so on) before driving.
- Don't groom/dress yourself while driving. Pull over to perform these actions.
- Pull over to read a map or adjust a GPS when driving in unfamiliar areas.
- Do not reach below the driver's seat or open any glove boxes while driving.
- Be aware of other drivers being distracted by any means.
- Be aware of distracted driving behaviors displayed by yourself or others (e.g., lingering at intersections, drifting lanes, sudden breaking tailgating, etc.).
- Practice defensive driving and be aware of "what if" scenarios while driving.



Report all incidents immediately to the GIS Hotline 1-855-543-5163.



SAFETY ALERT