

Distraction free:

Cell phones

Use this guide to help lead a discussion with employees to raise awareness about the dangers of distracted driving, specifically related to cell phone use. Empower them with strategies to minimize risks and become safer drivers. Use the form on Page 2 to record meeting details.

Regulations for commercial motor vehicles

With commercial motor vehicle drivers, it is important to emphasize the FMCSA or local regulations against cell phone use. Ensure drivers know your company's policy and enforcement measures.

- Ensure drivers are aware and understand the definition of **driving** used in FMCSA Part 392.80 and 392.82 which is defined as operating a commercial motor vehicle on a highway, even when temporarily stationary due to traffic, a traffic control device, or other momentary delays.
- FMCSA **prohibits** CMV drivers from **texting while driving**.
- **Taking/making phone calls** while driving is clearly a distraction and **should be avoided**, if possible.
- Use of a phone must be **hands-free and one-touch**. If your company provides headsets, ensure compliance with this requirement.

Mitigating distraction risks:

- 1 Set “Do not disturb” or “I am driving” mode:** Ensure that drivers know how to activate the “Do Not Disturb” or “I Am Driving” mode on their cell phones. Don't assume they are familiar with this function. If your company allows calls to come through, train callers to limit calls to high-priority matters. Implement a system for drivers to check in when stopped and out of traffic for calls.
- 2 Stow phones away:** Train drivers to stow their phones out of sight. When the phone is not visible, it becomes less distracting. Phones placed within arm's reach can lead to distractions and may slide during turns or bumps, causing drivers to reach for them. Encourage drivers to place their phones in their pockets to ensure accessibility when needed and prevent them from becoming projectiles during sudden stops or collisions.
- 3 Discuss phone use safety:** If you permit drivers to make and take calls while driving, engage in serious discussions about safety implications. Federal regulations require hands-free phone operation, typically through one-touch controls. Ensure the phone is within reach without picking it up or relying on verbal commands. If the phone can connect to the vehicle's infotainment system, educate drivers on proper connection procedures.
- 4 Navigation systems:** If drivers use cell phones for navigation, emphasize entering locations before driving. Adjust volume and screen settings for driving conditions.
- 5 Voice controls:** If phones support voice controls, ensure drivers understand how to use this function correctly and navigate through the phone's menu.

For additional information related to driver safety, visit [MyNSightOnline.com/DriveThe5](https://www.nationwide.com/MyNSightOnline.com/DriveThe5)

For further guidance, refer to Federal Motor Carrier Safety Administration 49 CFR Part 392 Subpart H ([ecfr.gov/current/title-49/part-392/subpart-H](https://www.ecfr.gov/current/title-49/part-392/subpart-H)).



For assistance with risk management services or safety resources, contact us at RMSolutions@nationwide.com or 1-800-260-1356.

Toolbox Talk

Date: ____/____/____

Distraction free: Cell phones

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Discussion notes:
