

Distraction free:

Other distractions

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

While distracted driving is commonly linked to cell phone usage, there are several other persistent distractions that drivers must manage to maintain focus on the road. Although some of these distractions, like young children or pets in the vehicle, may not apply to workplace situations, they can still impact a driver's attention while operating their personal vehicle.

1 Eating and drinking:

- Consuming food or beverages while driving can be distracting and lead to accidents.
- Remember to take breaks from driving to relieve stress and fatigue. These breaks can include meal stops outside the vehicle or at least when the vehicle is stopped.
- Cups or bottles should fit securely in the cup holders of the vehicle. They should be stable over bumpy roads, but not difficult to remove.

2 Navigation system usage:

- Set your destination in the system only when parked and before departing.
- Ensure the volume for turn-by-turn instructions is sufficient.
- If using a display, make sure the navigation system is securely mounted to avoid obstructing your view.

3 Control adjustments:

- Make necessary control adjustments before hitting the road.
- Set entertainment radios to your preferred stations and create presets for easy station changes.
- Familiarize yourself with vehicle control features and be comfortable adjusting them as needed.
- Whenever assigned a new or different vehicle, acquaint yourself with all the controls before driving.

4 Maintaining focus:

- During mirror scans, always return eyes to the front before proceeding to the next mirror—limit time away from the front view to **two seconds or less**.
- Combat boredom during long drives. Avoid prolonged staring at objects outside the vehicle or 'rubbernecking' as this can divert your attention.

5 Passenger conduct and accountability:

- Set standards for passengers (which may likely be co-workers) and hold them accountable for safe driving.
- Encourage passengers to avoid distracting conversations, loud noises, or sudden movements that could divert the driver's attention.

For additional information related to driver safety, visit MyNSightOnline.com/DriveThe5

For further guidance, refer to Federal Motor Carrier Safety Administration CMV Driving Tips—Driver Distraction (fmcsa.dot.gov/safety/driver-safety/cm-v-driving-tips-driver-distraction).



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

NationwideAgribusiness.com

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Toolbox Talk

Date: ____/____/____

Distracted driving: Other distractions

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Discussion notes:
