



# Drive the 5


## Distraction free

The following pages contain Action Card handouts drivers can keep in their vehicles for reference after corresponding toolbox talks. Please note the following for successful printing:

- Handouts are set as 4-up, with 4 cards per page
- Each page has visible crop marks, so a commercial printer can trim to a final size of 4.25" x 5.5"
- 4-color digital printing is recommended
- Print on durable card stock such as 60-80 lb. laser cover paper (matte)
- If printing on 8.5" x 11" sheets, make sure you are printing at 100%, center content and print double sided—do not scale to fit page
- Use the index below to determine the pages you would like to print—make sure you select BOTH pages for each subject

Cell phone usage.pdf . . . . . 2  
 Cell phone usage.pdf:2 . . . . . 3

Non-cell phone distractions.pdf . . . . . 4  
 Non-cell phone distractions.pdf:2 . . . . . 5

 **For assistance with risk management services or safety resources, contact us at [RMSolutions@nationwide.com](mailto:RMSolutions@nationwide.com) or 1-800-260-1356.**

NationwideAgribusiness.com

The information used to create this brochure was obtained from sources believed to be reliable to help users address their own risk management and insurance needs. It does not and is not intended to provide legal advice. Nationwide, its affiliates and employees do not guarantee improved results based upon the information contained herein and assume no liability in connection with the information or the provided suggestions. The recommendations provided are general in nature; unique circumstances may not warrant or require implementation of some or all of the suggestions. Nationwide, Nationwide is on your side and the Nationwide N and Eagle are service marks of Nationwide Mutual Insurance Company. Third-party marks that appear in this message are the property of their respective owners. © 2024 Nationwide GCO-0860AO (07/24)

# Drive the 5

- D**istracted free
- R**ested and alert
- I**mpairment free
- V**ehicle maintained
- E**nvironment aware

Learn more at [MyNSightOnline.com/DriveThe5](https://MyNSightOnline.com/DriveThe5)



The information used to create this brochure was obtained from sources believed to be reliable to help users address their own risk management and insurance needs. It does not and is not intended to provide legal advice. Nationwide, its affiliates and employees do not guarantee improved results based upon the information contained herein and assume no liability in connection with the information or the provided suggestions. The recommendations provided are general in nature; unique circumstances may not warrant or require implementation of some or all of the suggestions. Nationwide, Nationwide is on your side and the Nationwide N and Eagle are service marks of Nationwide Mutual Insurance Company. Third-party marks that appear in this message are the property of their respective owners. © 2024 Nationwide GCO-0774AO (03/24)

# Drive the 5

- D**istracted free
- R**ested and alert
- I**mpairment free
- V**ehicle maintained
- E**nvironment aware

Learn more at [MyNSightOnline.com/DriveThe5](https://MyNSightOnline.com/DriveThe5)



The information used to create this brochure was obtained from sources believed to be reliable to help users address their own risk management and insurance needs. It does not and is not intended to provide legal advice. Nationwide, its affiliates and employees do not guarantee improved results based upon the information contained herein and assume no liability in connection with the information or the provided suggestions. The recommendations provided are general in nature; unique circumstances may not warrant or require implementation of some or all of the suggestions. Nationwide, Nationwide is on your side and the Nationwide N and Eagle are service marks of Nationwide Mutual Insurance Company. Third-party marks that appear in this message are the property of their respective owners. © 2024 Nationwide GCO-0774AO (03/24)

# Drive the 5

- D**istracted free
- R**ested and alert
- I**mpairment free
- V**ehicle maintained
- E**nvironment aware

Learn more at [MyNSightOnline.com/DriveThe5](https://MyNSightOnline.com/DriveThe5)



The information used to create this brochure was obtained from sources believed to be reliable to help users address their own risk management and insurance needs. It does not and is not intended to provide legal advice. Nationwide, its affiliates and employees do not guarantee improved results based upon the information contained herein and assume no liability in connection with the information or the provided suggestions. The recommendations provided are general in nature; unique circumstances may not warrant or require implementation of some or all of the suggestions. Nationwide, Nationwide is on your side and the Nationwide N and Eagle are service marks of Nationwide Mutual Insurance Company. Third-party marks that appear in this message are the property of their respective owners. © 2024 Nationwide GCO-0774AO (03/24)

# Drive the 5

- D**istracted free
- R**ested and alert
- I**mpairment free
- V**ehicle maintained
- E**nvironment aware

Learn more at [MyNSightOnline.com/DriveThe5](https://MyNSightOnline.com/DriveThe5)



The information used to create this brochure was obtained from sources believed to be reliable to help users address their own risk management and insurance needs. It does not and is not intended to provide legal advice. Nationwide, its affiliates and employees do not guarantee improved results based upon the information contained herein and assume no liability in connection with the information or the provided suggestions. The recommendations provided are general in nature; unique circumstances may not warrant or require implementation of some or all of the suggestions. Nationwide, Nationwide is on your side and the Nationwide N and Eagle are service marks of Nationwide Mutual Insurance Company. Third-party marks that appear in this message are the property of their respective owners. © 2024 Nationwide GCO-0774AO (03/24)

## Eliminate cell phone distractions



**Distacted driving** puts lives at risk. Stay vigilant! Whether it's glancing at your phone or adjusting the radio, diverting attention from the road can lead to accidents.

- 1 Activate do not disturb:**
  - Block calls, texts, and notifications.
  - Customize it to allow important contacts or apps.
- 2 Keep it hidden:**
  - Out of sight, out of mind.
  - Stow your phone in your pocket to avoid distractions.
- 3 Park it or go hands-free:**
  - Whenever possible, park when making or taking calls.
  - If you must take a call while driving, use a Bluetooth® headset or speakerphone.
  - Limit time spent on calls—hands-free doesn't mean distraction free.
- 4 Plan ahead:**
  - Set your destination in navigation system and adjust settings before driving.
  - Avoid making adjustments while on the road.
- 5 Use voice commands:**
  - Perform tasks without physically touching your phone.
  - Utilize voice recognition for safer interaction.

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](https://www.fmcsa.dot.gov/safety/driver-safety/cm-v-driving-tips-driver-distraction)).

## Eliminate cell phone distractions



**Distacted driving** puts lives at risk. Stay vigilant! Whether it's glancing at your phone or adjusting the radio, diverting attention from the road can lead to accidents.

- 1 Activate do not disturb:**
  - Block calls, texts, and notifications.
  - Customize it to allow important contacts or apps.
- 2 Keep it hidden:**
  - Out of sight, out of mind.
  - Stow your phone in your pocket to avoid distractions.
- 3 Park it or go hands-free:**
  - Whenever possible, park when making or taking calls.
  - If you must take a call while driving, use a Bluetooth® headset or speakerphone.
  - Limit time spent on calls—hands-free doesn't mean distraction free.
- 4 Plan ahead:**
  - Set your destination in navigation system and adjust settings before driving.
  - Avoid making adjustments while on the road.
- 5 Use voice commands:**
  - Perform tasks without physically touching your phone.
  - Utilize voice recognition for safer interaction.

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](https://www.fmcsa.dot.gov/safety/driver-safety/cm-v-driving-tips-driver-distraction)).

## Eliminate cell phone distractions



**Distacted driving** puts lives at risk. Stay vigilant! Whether it's glancing at your phone or adjusting the radio, diverting attention from the road can lead to accidents.

- 1 Activate do not disturb:**
  - Block calls, texts, and notifications.
  - Customize it to allow important contacts or apps.
- 2 Keep it hidden:**
  - Out of sight, out of mind.
  - Stow your phone in your pocket to avoid distractions.
- 3 Park it or go hands-free:**
  - Whenever possible, park when making or taking calls.
  - If you must take a call while driving, use a Bluetooth® headset or speakerphone.
  - Limit time spent on calls—hands-free doesn't mean distraction free.
- 4 Plan ahead:**
  - Set your destination in navigation system and adjust settings before driving.
  - Avoid making adjustments while on the road.
- 5 Use voice commands:**
  - Perform tasks without physically touching your phone.
  - Utilize voice recognition for safer interaction.

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](https://www.fmcsa.dot.gov/safety/driver-safety/cm-v-driving-tips-driver-distraction)).

## Eliminate cell phone distractions



**Distacted driving** puts lives at risk. Stay vigilant! Whether it's glancing at your phone or adjusting the radio, diverting attention from the road can lead to accidents.

- 1 Activate do not disturb:**
  - Block calls, texts, and notifications.
  - Customize it to allow important contacts or apps.
- 2 Keep it hidden:**
  - Out of sight, out of mind.
  - Stow your phone in your pocket to avoid distractions.
- 3 Park it or go hands-free:**
  - Whenever possible, park when making or taking calls.
  - If you must take a call while driving, use a Bluetooth® headset or speakerphone.
  - Limit time spent on calls—hands-free doesn't mean distraction free.
- 4 Plan ahead:**
  - Set your destination in navigation system and adjust settings before driving.
  - Avoid making adjustments while on the road.
- 5 Use voice commands:**
  - Perform tasks without physically touching your phone.
  - Utilize voice recognition for safer interaction.

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](https://www.fmcsa.dot.gov/safety/driver-safety/cm-v-driving-tips-driver-distraction)).

# Drive the 5

- D**istracted free
- R**ested and alert
- I**mpairment free
- V**ehicle maintained
- E**nvironment aware

Learn more at [MyNSightOnline.com/DriveThe5](https://MyNSightOnline.com/DriveThe5)



The information used to create this brochure was obtained from sources believed to be reliable to help users address their own risk management and insurance needs. It does not and is not intended to provide legal advice. Nationwide, its affiliates and employees do not guarantee improved results based upon the information contained herein and assume no liability in connection with the information or the provided suggestions. The recommendations provided are general in nature; unique circumstances may not warrant or require implementation of some or all of the suggestions. Nationwide, Nationwide is on your side and the Nationwide N and Eagle are service marks of Nationwide Mutual Insurance Company. Third-party marks that appear in this message are the property of their respective owners. © 2024 Nationwide GCO-0775AO (03/24)

# Drive the 5

- D**istracted free
- R**ested and alert
- I**mpairment free
- V**ehicle maintained
- E**nvironment aware

Learn more at [MyNSightOnline.com/DriveThe5](https://MyNSightOnline.com/DriveThe5)



The information used to create this brochure was obtained from sources believed to be reliable to help users address their own risk management and insurance needs. It does not and is not intended to provide legal advice. Nationwide, its affiliates and employees do not guarantee improved results based upon the information contained herein and assume no liability in connection with the information or the provided suggestions. The recommendations provided are general in nature; unique circumstances may not warrant or require implementation of some or all of the suggestions. Nationwide, Nationwide is on your side and the Nationwide N and Eagle are service marks of Nationwide Mutual Insurance Company. Third-party marks that appear in this message are the property of their respective owners. © 2024 Nationwide GCO-0775AO (03/24)

# Drive the 5

- D**istracted free
- R**ested and alert
- I**mpairment free
- V**ehicle maintained
- E**nvironment aware

Learn more at [MyNSightOnline.com/DriveThe5](https://MyNSightOnline.com/DriveThe5)



The information used to create this brochure was obtained from sources believed to be reliable to help users address their own risk management and insurance needs. It does not and is not intended to provide legal advice. Nationwide, its affiliates and employees do not guarantee improved results based upon the information contained herein and assume no liability in connection with the information or the provided suggestions. The recommendations provided are general in nature; unique circumstances may not warrant or require implementation of some or all of the suggestions. Nationwide, Nationwide is on your side and the Nationwide N and Eagle are service marks of Nationwide Mutual Insurance Company. Third-party marks that appear in this message are the property of their respective owners. © 2024 Nationwide GCO-0775AO (03/24)

# Drive the 5

- D**istracted free
- R**ested and alert
- I**mpairment free
- V**ehicle maintained
- E**nvironment aware

Learn more at [MyNSightOnline.com/DriveThe5](https://MyNSightOnline.com/DriveThe5)



The information used to create this brochure was obtained from sources believed to be reliable to help users address their own risk management and insurance needs. It does not and is not intended to provide legal advice. Nationwide, its affiliates and employees do not guarantee improved results based upon the information contained herein and assume no liability in connection with the information or the provided suggestions. The recommendations provided are general in nature; unique circumstances may not warrant or require implementation of some or all of the suggestions. Nationwide, Nationwide is on your side and the Nationwide N and Eagle are service marks of Nationwide Mutual Insurance Company. Third-party marks that appear in this message are the property of their respective owners. © 2024 Nationwide GCO-0775AO (03/24)

## Stay focused for safety

**Distorted driving** puts lives at risk. Stay vigilant! Whether it's glancing at your phone or adjusting the radio, diverting attention from the road can lead to accidents.

### Beyond cell phones: Avoid driver distractions

#### 1 Eating and drinking:

- One of the leading accident causing distractions—consuming food or beverages.
- It can lead to spills or even choking incidents.
- Keep your hands on the wheel and avoid eating while driving.
- Secure beverage cups in holders.

#### 2 Navigation systems—use with caution:

- Be mindful when using navigation screens.
- Looking at screens can divert your attention from driving.
- Review alternate routes ahead of time to be prepared for any changes en route.

#### 3 Radio and controls—set up before you go:

- Adjusting the station, volume, or temperature can distract you.
- It takes your hands off the wheel and your eyes off the road.
- Set up your controls before starting your trip to minimize distractions.

#### 4 Avoid rubbernecking—stay focused:

- Keep your attention on the road.
- Looking at external distractions (like accidents, billboards, or scenic views) can impair your visual and cognitive focus.

#### 5 Passenger conversations—be mindful:

- Talking with passengers can be distracting.
- Emotional or complex discussions may tempt you to look away from the road.
- Stay focused on driving.

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](https://www.fmcsa.dot.gov/safety/driver-safety/cm-v-driving-tips-driver-distraction)).



## Stay focused for safety

**Distorted driving** puts lives at risk. Stay vigilant! Whether it's glancing at your phone or adjusting the radio, diverting attention from the road can lead to accidents.

### Beyond cell phones: Avoid driver distractions

#### 1 Eating and drinking:

- One of the leading accident causing distractions—consuming food or beverages.
- It can lead to spills or even choking incidents.
- Keep your hands on the wheel and avoid eating while driving.
- Secure beverage cups in holders.

#### 2 Navigation systems—use with caution:

- Be mindful when using navigation screens.
- Looking at screens can divert your attention from driving.
- Review alternate routes ahead of time to be prepared for any changes en route.

#### 3 Radio and controls—set up before you go:

- Adjusting the station, volume, or temperature can distract you.
- It takes your hands off the wheel and your eyes off the road.
- Set up your controls before starting your trip to minimize distractions.

#### 4 Avoid rubbernecking—stay focused:

- Keep your attention on the road.
- Looking at external distractions (like accidents, billboards, or scenic views) can impair your visual and cognitive focus.

#### 5 Passenger conversations—be mindful:

- Talking with passengers can be distracting.
- Emotional or complex discussions may tempt you to look away from the road.
- Stay focused on driving.

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](https://www.fmcsa.dot.gov/safety/driver-safety/cm-v-driving-tips-driver-distraction)).



## Stay focused for safety

**Distorted driving** puts lives at risk. Stay vigilant! Whether it's glancing at your phone or adjusting the radio, diverting attention from the road can lead to accidents.

### Beyond cell phones: Avoid driver distractions

#### 1 Eating and drinking:

- One of the leading accident causing distractions—consuming food or beverages.
- It can lead to spills or even choking incidents.
- Keep your hands on the wheel and avoid eating while driving.
- Secure beverage cups in holders.

#### 2 Navigation systems—use with caution:

- Be mindful when using navigation screens.
- Looking at screens can divert your attention from driving.
- Review alternate routes ahead of time to be prepared for any changes en route.

#### 3 Radio and controls—set up before you go:

- Adjusting the station, volume, or temperature can distract you.
- It takes your hands off the wheel and your eyes off the road.
- Set up your controls before starting your trip to minimize distractions.

#### 4 Avoid rubbernecking—stay focused:

- Keep your attention on the road.
- Looking at external distractions (like accidents, billboards, or scenic views) can impair your visual and cognitive focus.

#### 5 Passenger conversations—be mindful:

- Talking with passengers can be distracting.
- Emotional or complex discussions may tempt you to look away from the road.
- Stay focused on driving.

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](https://www.fmcsa.dot.gov/safety/driver-safety/cm-v-driving-tips-driver-distraction)).



## Stay focused for safety

**Distorted driving** puts lives at risk. Stay vigilant! Whether it's glancing at your phone or adjusting the radio, diverting attention from the road can lead to accidents.

### Beyond cell phones: Avoid driver distractions

#### 1 Eating and drinking:

- One of the leading accident causing distractions—consuming food or beverages.
- It can lead to spills or even choking incidents.
- Keep your hands on the wheel and avoid eating while driving.
- Secure beverage cups in holders.

#### 2 Navigation systems—use with caution:

- Be mindful when using navigation screens.
- Looking at screens can divert your attention from driving.
- Review alternate routes ahead of time to be prepared for any changes en route.

#### 3 Radio and controls—set up before you go:

- Adjusting the station, volume, or temperature can distract you.
- It takes your hands off the wheel and your eyes off the road.
- Set up your controls before starting your trip to minimize distractions.

#### 4 Avoid rubbernecking—stay focused:

- Keep your attention on the road.
- Looking at external distractions (like accidents, billboards, or scenic views) can impair your visual and cognitive focus.

#### 5 Passenger conversations—be mindful:

- Talking with passengers can be distracting.
- Emotional or complex discussions may tempt you to look away from the road.
- Stay focused on driving.

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](https://www.fmcsa.dot.gov/safety/driver-safety/cm-v-driving-tips-driver-distraction)).

