



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

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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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Nationwide® Risk Management | Distraction free

Eliminate cell phone distractions



Distracted 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/cmv-driving-tips-driver-distraction).

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Nationwide® Risk Management | Distraction free

Stay focused for safety



Distracted 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/cmv-driving-tips-driver-distraction).

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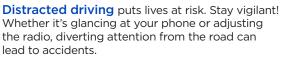
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