
ACCESSING SAFETY KNOWLEDGE (ASK) SHEET: *DISTRACTIONS ON THE ROAD KILL – DON'T BECOME A STATISTIC (PART 2)*

According to the National Highway Traffic Safety Administration, nearly 80% of all crashes and 65% of all near crashes involve some form of driver inattention for three seconds or more.

Primary causes of crashes and near crashes:

- talking to a passenger,
- cell phone use,
- drowsiness,
- insect in a vehicle,
- and other forms of distractions, like changing a CD, looking at a map, and even applying make-up.

With increased technology there are far more distractions in vehicles today. You need to manage these tools and not let them manage you. You can control these potential distractions.

- When possible, pull off the road in a safe and legal place when making or receiving a call on a cell phone.
- Load favorite CDs or program your iPod before driving. DO NOT watch video screens while driving.
- If possible, turn off your cell phone until the destination is reached or use the caller identification feature to track calls while driving.
- Pre-program frequently called numbers into your cell phone.
- Use a hands-free device so both hands remain on the steering wheel.
- Do not engage in stressful or emotional conversations even if using a hands-free device.
- Suspend all conversations when approaching locations with heavy traffic, road construction, heavy pedestrian traffic, or when driving in severe weather conditions.
- Do not try to type or read messages on a computer or satellite communication system while driving.

By learning how to manage everyday distractions, technological distractions, and other drivers who may be distracted, professional drivers become safer drivers.

Remember: To control distractions helps protect your life and the lives of others. This should not be an afterthought. You need to be pro-active in controlling the process.

Think, and come home alive!

Provided by the ASA – Houston Chapter Safety & Health Committee and **ADAMS**
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