



Just drive

According to the Texas Department of Transportation (TxDOT), more than 2,000 people have been killed by distracted drivers on Texas roadways since 2017, when it became illegal to read, write or send a text while driving. The agency also reports that about one in six car crashes in Texas during 2022 were due to distracted driving.

Distracted driving

Distracted driving occurs anytime you take your hands off the wheel, your mind off driving or your eyes off the road. Texting is especially hazardous because it involves all three distractions at once. In fact, according to the National Highway Traffic Safety Administration (NHTSA), sending or reading a text at 55 mph is equivalent to driving the length of an entire football field with your eyes closed. Even while using a hands-free device, your mind shifts from focusing on the road to your conversation.

Focused driving

The important thing to remember about distracted driving is that it's a choice. By making the decision to stay focused on the road, you can help keep yourself and others safe.

- Before moving, set your GPS and music, then put your phone away.
- While driving, concentrate on the environment around you, including other vehicles, pedestrians and objects in the road.
- Keep your hands on the wheel at all times.
- Avoid using any electronics while driving, including your phone and navigation system.
- Avoid eating or drinking while driving.

Driving during the school year

Focusing solely on driving while behind the wheel is especially important during the school year. You can help keep children safe by increasing your awareness around school buses and school zones.

- Be prepared to stop for school buses and follow them at a safe distance.
- Obey school zone speed limits.
- Stay alert for children around school crosswalks and nearby intersections.
- Be prepared to stop for children who might run across the road to their school or bus.

Dealing with distractions

Distractions will arise. When they do, the best solution is to find a safe location and pull over. Once your vehicle is stopped, you can more safely approach tasks such as using your cell phone, looking up directions, eating or drinking, finding something you dropped, or resuming an emotionally intense or complex conversation.



Discussion questions

1. How many people have been killed by distracted drivers since 2017 in Texas?
2. What is the definition of distracted driving?
3. What should you avoid doing while you are driving?
4. How can you help keep school children safe while driving during the school year?
5. If you receive an urgent phone call while driving, what should you do?

Answers

1. Over 2,000 people have been killed by distracted drivers since 2017 in Texas.
2. Distracted driving includes anything that takes your hands off the wheel, your mind off driving or your eyes off the road.
3. Answers will vary, but should include eating, drinking, using a cell phone or using a navigation system.
4. Answers will vary, but should include following buses at a safe distance, obeying school zone speed limits and staying alert for children at crosswalks and intersections.
5. You should find a safe place to pull over. Once your vehicle is stopped, you can call the individual back.

Meeting notes:

Employee comments/concerns: _____

Other safety issues to be addressed on the job/facility: _____

Training record:

Date: _____ Jobsite/Facility: _____
 Trainer: _____ Title: _____

Employee name (print)	/ (signature)	Employee name (print)	/ (signature)
_____	/	_____	/
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